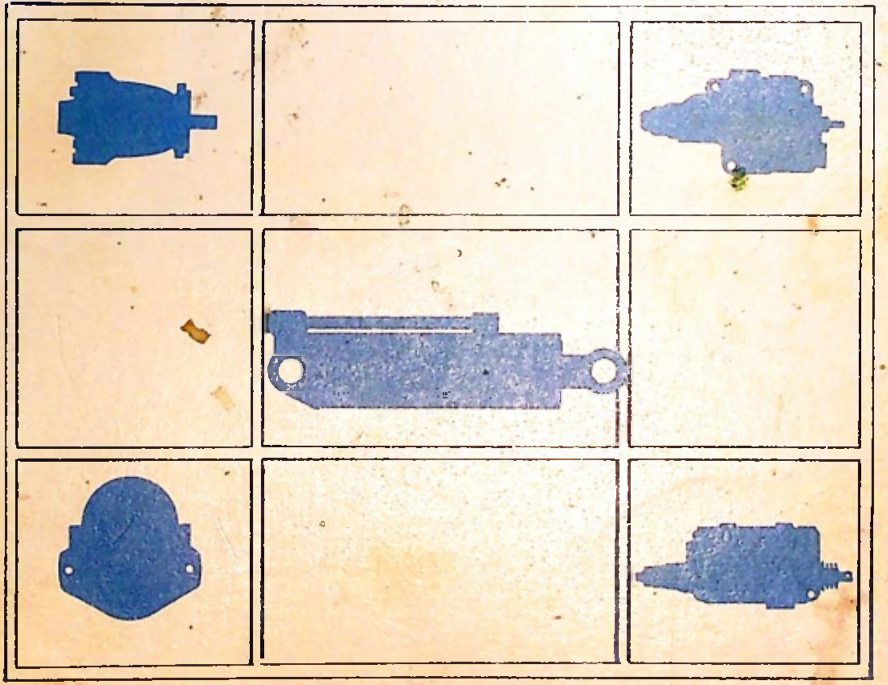
EATON

HYDRAULICS DIVISION

Hutchinson Plant employees'

COOKBOOK



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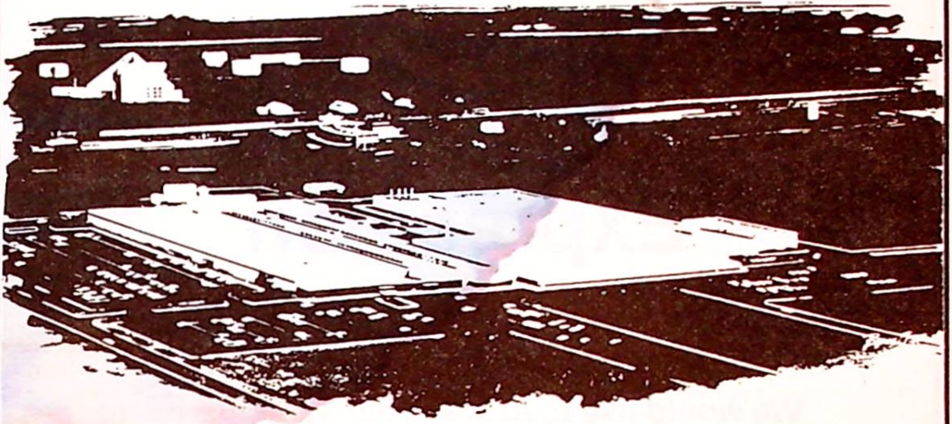


EATON HYDRAULICS
Hutchinson Plant

The hydraulic components used by the largest manufacturers of agricultural, material handling, and light industrial equipment are produced here at the Eaton Hydraulics Division's Hutchinson, Kansas plant.

We are in the business of helping to increase productivity through the application of fluid power technology. By furnishing the heart and muscle for labor-saving devices and machines, we contribute toward improvement of the quality of life for people everywhere.

Our products include hydraulic cylinders, gear pumps and motors, valves and piston pumps and motors.

This book has been compiled by employees of the Hutchinson, Kansas plant of the Eaton Corporation's Hydraulic Division.

Proceeds from the sale of the cookbook will be donated to the Employees' Spirit of Christmas fund - established to assist the needy families in the community. No personal or individual gains are involved.

EATON

Expression of Appreciation

We would like to express our appreciation to all of the people who donated their recipes. Without their participation, this cookbook would have been impossible.

The Spirit Of Christmas Cookbook Committee

Mary Alexander
June Ford
Joyce Ensminger

Cover Design and History Page

Dottie Sosnoski

PLANT HISTORY

When our plant first was built in 1942, it covered approximately 120,000 square feet of floor space; today there are more than 16 acres or 700,000 square feet under roof.

Built first to produce parts for CG4-A gliders used for the transport of troops and field equipment for the military, the division later built fuselages and control surfaces for the Cessna Aircraft Company's "Bobcat" twin-engine plane.

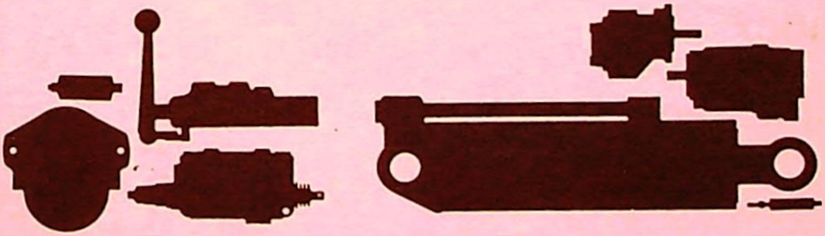
During a period after World War II, quartermaster-designed furniture for military use was produced, followed by the establishment of hydraulics manufacturing in 1952.

We serve two major world markets - the North American market and the European market, which is served by a subsidiary in Glenrothes, Scotland.

After 46 years under the banner of the Cessna Aircraft Co., our plant was purchased in July of 1988 by the **EATON CORPORATION** which has 142 manufacturing firms that are located in 22 countries on 6 different continents.

COMMUNITY IMPACT:
For many years we have been our county's largest employer, filtering a multi-million dollar payroll into the community each year. As a proud corporate citizen we support local charities, schools, and activities, and conduct drives in-plant in support of the United Way and U.S. Savings Bonds. Employees also established a way to help needy families through their SPIRIT OF CHRISTMAS PROGRAM: this was started in 1957 and has flourished for more than thirty years.

WE ARE THE EATON HYDRAULICS DIVISION: GOOD COMPANY - GOOD WORK ETHIC - GOOD CITIZENS.



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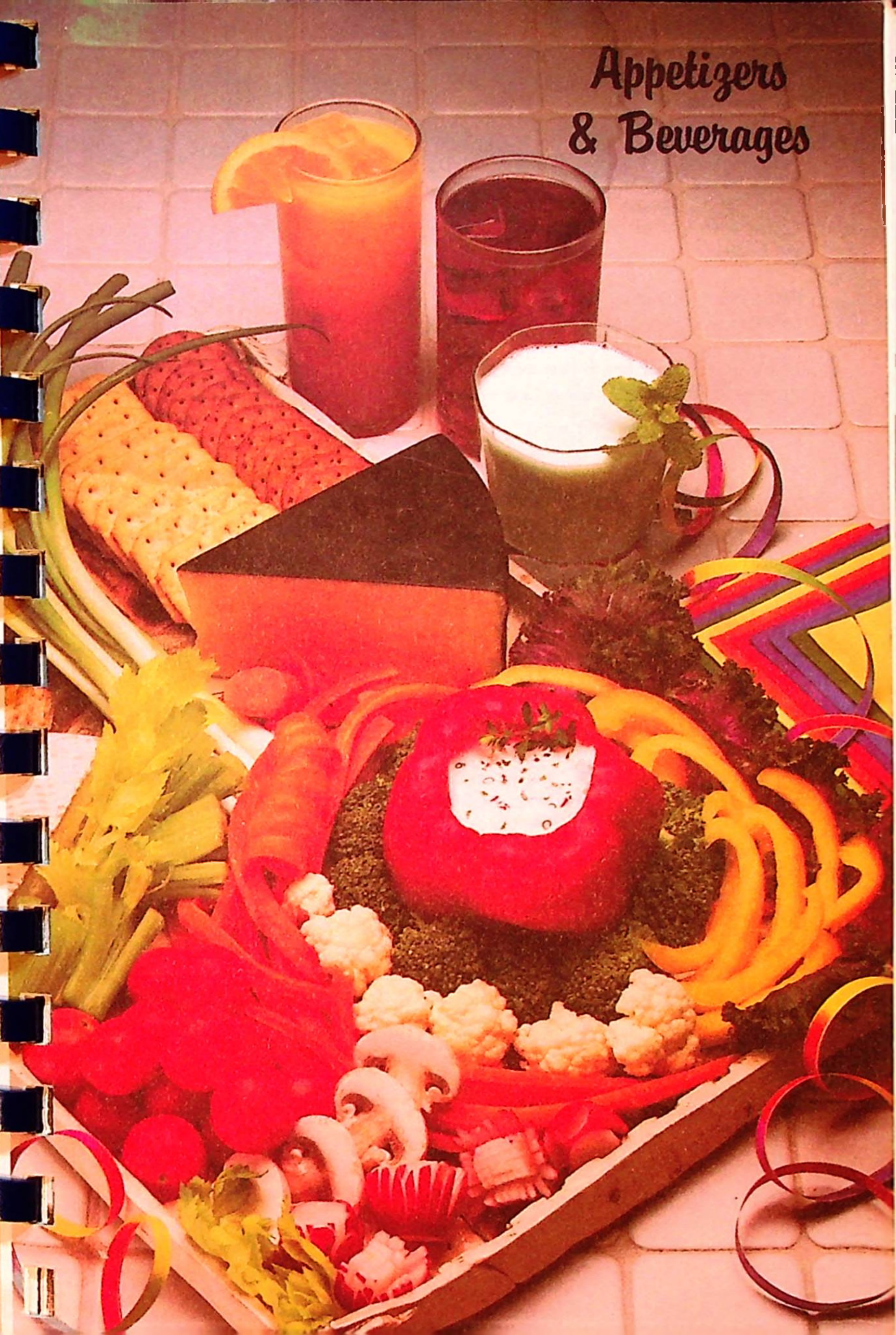
Appetizers & Beverages



Party Pleasers

You won't need sugar with your tea if you drink Jasmine tea or the lighter-bodied varieties like Formosa Oolong, which have their own natural sweetness. They are fine for sugarless iced tea, too.

Calorie-free club soda adds sparkle to iced fruit juices, makes them go further, reducing calories per portion.

Substitute half-and-half for light cream, you'll save 10 calories a tablespoon. 80 per half cup.

Most diets call for 8 ounces of milk, 4 ounces of fruit juice. Check your glassware. Having the exact size glass prevents overpouring.

Surprise! If you sweeten breakfast cereal with sugar, you may want to switch it to a pre-sweetened variety. Ounce for ounce, plain and pre-sweetened have about the same calories, so you save by not having to add sugar.

Seeds and nuts, both shelled and unshelled, keep best and longest when stored in the freezer. Nuts in the shell crack more easily when frozen. Nuts and seeds can be used directly from the freezer.

Always chill juices or sodas before adding to recipe.

When milk is slightly soured, add a pinch of soda and it can be used as fresh milk.

When possible, float blocks of ice in punch rather than ice cubes. This not only is more decorative, but also inhibits melting and diluting.

Try placing fresh or dried mint in the bottom of hot chocolate for a zesty taste.

One lemon yields about ¼ cup juice; one orange yields about ⅓ cup juice--this is helpful in making fresh orangeade or lemonade!

Never boil coffee; it brings out the acid and causes a bitter taste.

Store coffee in the refrigerator or freezer to retain the fresh flavor.

Cheeses should be served at room temperature (approximately 70 degrees).

When serving hors d'oeuvres on a silver tray, you may wish to protect it from acids by covering it with a layer of leafy green lettuce.

One quart of soup yields about six servings, unless it is the main course.

APPETIZERS & BEVERAGES

HOMEMADE BALONEY
(Summer Sausage)

Verla Bookless

2 lbs. hamburger
1/8 tsp. garlic powder
1/8 tsp. liquid smoke
2 T. Tender Quick salt
1 c. water
1/4 tsp. onion powder
1 T. mustard

Mix; shape into 3 rolls. Wrap in foil. Refrigerate 24 hours. Place on boiler pan. Bake 1 hour at 300°.

DEER JERKY

Richard McMurry

1/2 c. soy sauce
1/2 c. Worcestershire sauce
2 tsp. Accent
2 tsp. season salt
2 tsp. onion salt
2/3 tsp. garlic salt
2/3 tsp. pepper
2 lbs. deer meat, sliced

Meat should be sliced 3/4 inch thick and 6-7 inches long. (1.) Mix ingredients together in glass bowl. (2.) Soak venison in liquid 6-8 hours. (3.) Take venison out of liquid; place on tin foil-covered oven racks. Cook for 6-8 hours at 150°. Cook longer or shorter length of time depending on how crisp or chewy you want your jerky. Beef will substitute for venison.

SUMMER SAUSAGE

Connie Burnett

2 T. Tender Quick
1 1/2 tsp. mustard seed
1/2 tsp. garlic salt
3/4 tsp. ground black pepper
1/2 tsp. liquid smoke
2 lbs. ground lean lamb

Mix ingredients well; store in icebox for 3 days and on the fourth day, make into rolls 1 1/2-2 inches in diameter; bake on broiler pan for 1 hour at 350°. When cool, wrap in foil; this will freeze or store in icebox for a week to 10 days.

CHEESE BALL

June Ford

2 (8-oz.) pkg. cream cheese
1 (8-oz.) can drained, crushed pineapple
2 T. chopped bell pepper
2 T. chopped onion
1/2 c. chopped pecans
2 T. chopped pimento
1 tsp. Lawry's seasoned salt

Make sure all chopped ingredients are chopped in very small pieces and drained very well. Otherwise, your balls will be very runny. Definitely use only Lawry's salt. Mix all together and chill. Form into ball. Roll in more nuts. Put in tight container and refrigerate for several days.

CHEESE BALL

Becky Kahmeyer (Lannis)

2 (8-oz.) pkgs. cream cheese
1/4 c. chopped green pepper
1/2 tsp. salt
1 c. chopped pecans
1 sm. can crushed drained pineapple
2 T. chopped onion
1/2 tsp. garlic salt

Mix softened cream cheese with pineapple, green pepper, onion, salts and 1/2 c. pecans. Cool; form into balls; roll into the remaining 1/2 cup of pecans.

STRAWBERRY DIP

Kathy Diel

1 (8-oz.) pkg. Philly cream cheese
1 (7-oz.) jar marshmallow creme

Blend well; use for fresh strawberry dip.

CHIP DIP

Pam Simmons

2 jars pimento cream cheese
1 lg. can deviled ham
2 T. grated onions
1/2 c. salad dressing

Mix all together.

VEGETABLE AND CHIP DIP

Karin Roubideaux

1 pt. mayonnaise
8-oz. pkg. cream cheese
1/2 sm./med.-sized onion
2 tsp. dry chicken bouillon

Combine in blender or mixer. Mix well; let set awhile in refrigerator. Flavors blend better the longer it sets. Serve with cauliflower, broccoli, celery, carrots or crackers and chips.

CHIP DIP

Pam Simmons

2 pkgs. chipped beef
2 bunches green onion tops
2 sm. ctns. sour cream
1 lg. pkg. cream cheese
1 lg. green pepper

Soften cream cheese in oven. Chop green peppers, green onions and chipped beef. Mix with cream cheese and sour cream, or mix all together in food processor.

BACON-WATER CHESTNUT APPETIZERS

Gertrude Armbruster
Retired Personnel Dept.

16 oz. (2 cans) whole water chestnuts
1 lb. bacon
1 c. ketchup
1/2 c. white sugar
1/2 c. brown sugar
"A couple squirts" soy sauce

Drain water chestnuts. Wrap each with bacon (about 1/3 slice); secure with toothpick. Bake at 400° until bacon on top is done. Bake

(continued)

in shallow baking dish in hot oven or may also be cooked on broil. Remove grease from pan. Combine remaining ingredients; pour over cooked chestnuts (placed in single layer). Bake for 15 minutes longer or until sugar is melted.

GILA MONSTER STEW (Nacho Cheese Dip)

2 cans cheddar cheese soup	**Hot or mild peppers**
1 can Ro-Tel tomatoes	**1 can refried beans**
Milk	**1 lb. hamburger**

Fry and crumble hamburger; mix and heat all together until cheese is mixed or blended in. Add milk to thin. Add peppers to taste.

MEXICAN BEAN DIP

Pam Ziegler

1 (16-oz.) can refried beans	**1 c. sour cream**
1 (7-8 oz.) can taco sauce	**1 T. snipped chives**
3/4 lb. ground beef	**1 c. shredded lettuce**
1/8 tsp. salt	**1 tomato, seeded and chopped**
1 c. grated cheddar cheese	**Tortilla chips**

Mix beans and 2 tablespoons of taco sauce in medium-sized bowl. Spread evenly in a round 1 1/2-quart cake dish or square 2-quart baking dish. In a medium-sized skillet, cook the beef, salt and 1/4 cup taco sauce over moderate heat, stirring to break up beef, until meat has lost pink color. Drain beef well; sprinkle over beans. Pour remaining 1/2 cup taco sauce evenly over beef; sprinkle with cheese. Heat oven to 350°. Bake 20-25 minutes or until cheese is melted and beans are hot. Remove from oven; let cool 10 minutes. Blot with paper towels any oil that may have accumulated on top of cheese. Mix sour cream and chives; spread over cheese. Sprinkle with lettuce; garnish with tomato and serve warm with tortilla chips.

TEX-MEX DIP

Karin Roubideaux

Kraft hot guacamole dip	**1 (1/4-1 1/8-oz.) pkg. taco seasoning mix**
1/2 c. mayonnaise	**1 c. chopped green onions**
2 (10 1/2-oz.) cans bean dip	**2 (3 1/2-oz.) cans ripe olives, chopped**
3 med.-sized tomatoes, chopped	**Lg. round tortilla chips**
1 (8-oz.) pkg. shredded cheese	
1 (8-oz.) c. dairy sour cream	

Spread bean dip on a large shallow serving platter; top with guacamole; layer with sour cream-taco mix. Sprinkle with chopped onions, tomatoes and olives; cover with shredded cheese. Serve chilled or at room temperature with round tortilla chips.

HOT HAMBURGER DIP

Karin Roubideaux

3 lbs. hamburger
1 lg. jar Cheez Whiz
1 jar mild taco sauce
1 jar hot taco sauce

Brown hamburger; add taco sauces, then stir in Cheez Whiz. Keep warm to serve with Dorito chips, etc.

SNACK MIX

June Ford

2 T. lemon pepper or lemon herbs
2 T. dill weed
2 pkgs. Hidden Valley (original buttermilk) Ranch dressing mix
1/2 sm. box Corn Chex
1 sm. pkg. pretzels
1 sm. box cheese crackers
2 T. seasoned salt
2 c. oil
1/2 sm. box Rice Chex
2 cans salted mixed nuts

Mix lemon pepper, dill weed, season salt and Hidden Valley Ranch dressing mix with the oil. Stir well. Set aside. In a double grocery sack, mix Corn Chex, Rice Chex, pretzels, mixed nuts and cheese crackers. Pour oil mixture over all and shake, shake, shake. Pour out onto cookie sheets to dry overnight. Stir once in a while. Store in tight container.

SAUSAGE DIP FOR NACHOS

Mary Alexander

1 lb. sausage
2 cans chili (no beans)
1 1/2 lbs. Velveeta cheese
1 can Ro-Tel tomatoes

Brown sausage in skillet. Combine all ingredients in a crockpot; heat until all the cheese is melted and hot.

STRAWBERRY DAIQUIRI (No Alcohol)

Connie Burnett

6-oz. can frozen limeade
3-4 c. crushed ice (don't use lg. ice cubes)
2 (12-oz.) cans cold 7-Up or diet 7-Up
16-oz. pkg. frozen strawberries

Combine frozen limeade and 7-Up in pitcher; stir until limeade is dissolved. Put strawberries and 1 cup of 7-Up mixture in blender; puree for about 2 minutes. If you want it more sour, only put 1 cup of strawberries in blender. Put ice in, 1 cup at a time, until slushy, or put more in if you want it thick. Can use other frozen fruit. Makes 4 cups.

FRUIT SLUSH

Kathy (Don) Estep

1 bottle cranberry juice
1 (2-liter) bottle diet 7-Up
1 lg. can Hi-C (fruit punch)
1 can Five-Alive
Sliced oranges (if desired)

(continued)

In a punch bowl mix cranberry juice, diet 7-Up, Hi-C and Five-Alive. Then, if desired, put the orange slices on top. Add ice and serve.

RUSSIAN SPICED TEA

Pam Simmons

1/2 c. instant tea	1 tsp. cinnamon
1 1/2 c. Tang	1/2 tsp. cloves
3 oz. lemonade mix	

Mix all together; store in covered container until ready to use. Use 1 tablespoon mix per cup of boiling water.

ORANGE JULIUS

Connie Burnett

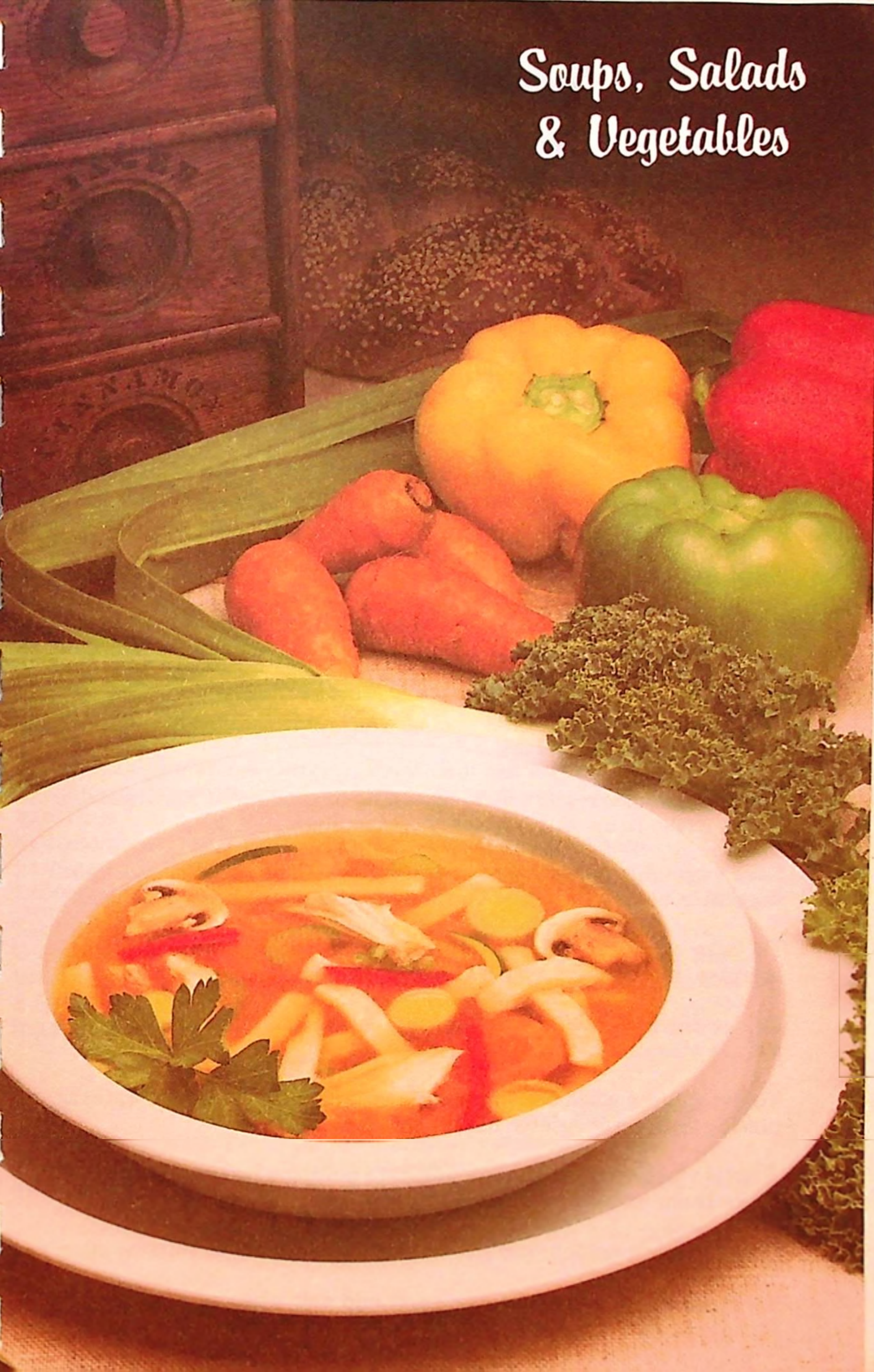
6-oz. can frozen orange juice	1 c. water
1 c. milk	1/2 c. sugar
1 tsp. vanilla	

Mix in blender. Then drop in ice cubes, one at a time, until slushy.

Recipe Favorites

Recipe Favorites

Soups, Salads & Vegetables



Veggie Variables

Fresh lemon juice will remove onion scent from hands.

A few drops of lemon juice in potato water will whiten boiled potatoes.

To save money and vitamins: Pour all leftover vegetables and water they are cooked in and any leftover meat into a freezer container and when full add tomato juice, seasonings and have "free" soup for lunch. Vegetables left on a child's plate can be frozen, also as germs will be killed during boiling.

Three large stalks of cut-up celery added to about two cups of beans (navy, brown, pinto, etc.) will make them more easily digested, as will a bit of soda.

When cooking vegetables, remember to boil vegetables that grow above ground without a cover.

Allow ¼ teaspoon salt to each cup of water for cooking vegetables.

A lump of sugar added to water when cooking greens helps vegetables retain their fresh color. Vinegar or lemon juice (used sparingly) may also have the same effect.

Never soak vegetables after slicing; you will lose much of the nutritional value of vegetables.

Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasonings.

Save vegetable juices from cooking; they can be used for stockpot, vegetable soup or sauces. You may freeze it until ready to use.

To bake potatoes quickly, place them in boiling water for 10-15 minutes. Pierce skins with a fork and then bake in a preheated oven.

To cut down on odors when cooking cabbage, cauliflower, etc., add a little vinegar to the cooking water.

To avoid tears when cutting onions, try running under cold water or placing in freezer briefly before cutting.

A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.

When cutting onions, rub hands with celery stalk to remove odor.

To avoid toughening beans or corn, add salt when cooking is halfway through.

SOUPS, SALADS & VEGETABLES

BUNNY'S CHILI

Bunny Willis

5 lbs. ground beef or ground chuck
1 pkg. brick chili
3 cans chili beans
1/2 sm. bottle Tabasco sauce
Crushed red peppers, to taste
2 lg. cans tomato juice
1 lg. onion, chopped
1 can Old El Paso jalapeno relish
Salt and pepper, to taste
1 1/2 pkgs. chili seasoning

Brown meat; drain well. Mix all ingredients in large pan. Bring to a boil; reduce to simmer and cook for about 40 minutes. If more heat is desired, add chopped peppers.

MILD CHILI

Pam Simmons

2 lbs. hamburger
2 can Mexican-style chili hot beans in chili gravy
1 bean can water
2 tsp. chili pepper
1 tsp. pepper
1 lg. onion
1 c. catsup
2 tsp. salt
2 (10-oz.) cans tomato soup

Fry hamburger with onion diced until onion is tender and hamburger falls apart. Drain off grease; add the rest of the ingredients. Simmer about 45 minutes. Add more water, if needed.

CREAMY CHEDDAR SOUP

Dottie Sosnoski

2/3 c. coarsely-shredded carrot
2/3 c. thin celery slices
1/4 c. flour
1/4 c. margarine
1 tsp. salt
1 c. cooked ham cubes
1/4 c. chopped onion
Dash pepper
4 c. milk
2 c. (8 oz.) shredded sharp cheddar cheese

Saute vegetables in margarine; blend in flour and seasonings. Gradually add milk; stir in ham. Cook, stirring constantly, until mixture boils and thickens. Add cheese; stir until melted. (You can add a little more flour if you would like thicker soup.) Yield: 4-6 servings.

CLAM CHOWDER

Connie Burnett

1 can clams (minced)
2 T. butter
2 c. milk
1 c. diced potatoes
1/4 c. chopped onions
Salt and pepper

Drain clams and save juice. Cook onions in butter. Add potatoes and clam juice. Cook until tender. Add clams and milk. Heat and season. **Do not boil.**

OYSTER STEW

Connie Burnett

1 can 3 Diamonds oysters
1/4 tsp. Worcestershire sauce
2 c. hot milk
2 T. butter
1/2 c. celery, cut fine
Salt and pepper

Simmer celery in butter until tender; add Worcestershire sauce and oysters with their juice. Heat just until oysters begin to curl. Add milk. Season to taste.

GIVEN'S STEW

Everett Berends

2 lbs. ground beef
4 or 5 med. potatoes, diced
1 med. can diced carrots
1 green pepper, diced
3 T. beef bouillon cubes
4 tomatoes, peeled and cut fine or 1 can tomatoes
1 or more c. noodles
1/2 c. oil
3 stalks celery, diced
1 sm. onion, diced

Precook noodles; drain and rinse; set aside. Saute ground beef; crumble up in skillet. When done, add oil, onion and potatoes. When about done, add water to cover. Add tomatoes, bouillon and part of celery. Bring to boil; add noodles. Turn to low heat and simmer for 30 minutes. Add green pepper, rest of celery and carrots. Simmer for another 45 minutes.

HAMBURGER-VEGETABLE SOUP

Betty Ratzlaff

1 lb. ground beef
1 c. diced potatoes
1 c. sliced celery
1/4 c. rice
4 tsp. salt
1/4 tsp. thyme
1 c. chopped onions
1 c. diced carrots
2 (#1) cans (4 c.) tomatoes
3 c. water
1/4 tsp. basil
1 bay leaf

Cook ground beef and onion together until all of the pink has disappeared and meat lightly browned. Drain remaining ingredients and bring the mixture to a boil. Cover; simmer for 1 hour. Makes about 9 cups.

ASSORTED SIZZLING RICE SOUP

Pam Ziegler

3 oz. baby shrimp
1 egg
4 c. cooking oil
1 oz. mushrooms
2 T. diced bamboo shoots
1/2 T. salt
2 oz. Sizzling Rice, uncooked
3 oz. boneless chicken, diced
4 T. cornstarch
3 c. chicken broth
2 T. diced water chestnuts
1/3 c. green beans, trimmed
1 T. sherry

(1.) Mix together the shrimp, chicken, egg and cornstarch. Heat 3 cups of the oil in wok. When it is hot, add shrimp and chicken

(continued)

mixture. Cook for 1/2 minute and drain. (2.) Place above mixture in pot with the broth, mushrooms, water chestnuts, bamboo shoots and green beans. Bring to a boil. Add salt and sherry. Reduce heat and allow to simmer. (3.) Meanwhile, heat the remaining oil until it is hot. Add rice; brown quickly. Drain and add to soup. Serve. By cooking rice before it is added to the soup, we add a crunchy texture to this savory dish.

TACO SALAD

Barb Alexander

1 head lettuce
1 c. grated cheddar cheese
1/2 grated onion
1 1/2 lbs. ground beef
1 pkg. taco seasoning
French dressing
2-4 tomatoes
1 can kidney beans, drained
1/2 onion
1 bag Doritos, crushed

Mix lettuce, tomatoes, onion and kidney beans. Toss with French dressing. Set aside. Brown ground beef and onion. Season with taco seasoning. Cool. Mix ground beef mixture with salad mixture; add bag of Doritos just before serving.

TACO SALAD

Velma Carlson

1 lb. ground beef
3/4 c. tomato soup
1 can Brown Beauty beans
6 T. mild taco sauce
1 head lettuce, chopped
1/2 c. grated cheddar cheese
2 med. tomatoes, diced
1 pkg. nacho cheese or Dorito chips

Cook beef; drain off fat. Add beans, tomato soup and taco sauce. Place rest of ingredients in a salad bowl. Save a few chips. Toss lettuce with meat mixture and garnish with remaining chips.

SWEET-SOUR COLE SLAW (Brookville Recipe)

Karin Roubideaux

1 1/2 lbs. shredded cabbage
1 tsp. salt (#1)
2/3 c. sugar (#2)
1 c. whipping cream (#3)
1/3 c. vinegar (#4)

Place shredded cabbage in covered dish in refrigerator for several hours. Mix remaining ingredients in order given, 30 minutes before serving. Pour over cabbage and chill.

ORIENTAL CABBAGE SALAD

Velma Carlson

1/2 c. slivered almonds
4 green onions, chopped
1 whole chicken breast, cooked, cubed
1 pkg. Top Ramen noodles, chicken flavored, crumbled
1/2 head cabbage, shredded
2 T. sesame seeds

Toast seeds and almonds in oven until brown, 10 minutes at 400°. Cool. Toss chicken, seeds, almonds, cabbage, onions and noodles

(continued)

together. Pour salad dressing over all. Toss and let set half hour before serving.

Dressing:

2 T. sugar	1 tsp. MSG (Accent)
1/2 c. oil	1 tsp. salt
3 T. vinegar	1/2 tsp. pepper

Mix with flavoring from the noodles.

CABBAGE SALAD

Betty Ratzlaff

1 sm. head cabbage, shredded	Salt and pepper
1 green pepper, chopped	1 sm. onion, chopped
1/2 c. vinegar	1/2 c. salad oil
Celery seed	1 c. sugar

Arrange cabbage, onion and green pepper in a bowl in layers, seasoning each layer with celery seed, salt and pepper. Combine oil, vinegar and sugar; bring to a boil. Pour hot syrup over the cabbage mixture. Cover with plastic wrap and refrigerate overnight. Do not stir until next morning. Keeps well in refrigerator several days.

SAUERKRAUT SALAD

Jo Ann Barb

1 (303) can sauerkraut	2 T. pimento, to taste
1 sm. can crushed pineapple	1/2 c. sugar

Mix all ingredients; bake at 350° for 45 minutes. Is good hot or cold after baking.

POTATO SALAD

Connie Burnett

4 c. boiled cut potatoes	1/2 c. chopped onion
4 heaping T. salad dressing	3 heaping T. sandwich spread
Salt and pepper, to taste	4 hard-cooked eggs
1 T. garlic powder	1 T. onion salt
2 tsp. dry mustard	2 heaping T. sweet relish pickle

Cut up potatoes; put in large bowl; add onion. Separate the yolks from the whites. Cut the whites up into the potatoes; smash the yolks in a small bowl. Add the rest of the ingredients in with the egg yolks; stir thoroughly. Add this mixture in with the potatoes and stir thoroughly. Taste to see if more salt and pepper is needed. Refrigerate overnight is the best.

POTATO SALAD

Ruth Book

5 med. potatoes	1 red bell pepper, chopped fine
2 T. chopped parsley	3/4 c. chopped green onions
1/2 tsp. pepper	1 T. crushed oregano
1/2 c. (approx.) vinegar and oil salad dressing	1 tsp. salt
	Dash cayenne pepper

(continued)

Cook potatoes (microwave, bake or boil) until tender. Rinse under cold water; peel immediately. Chop into cubes and place in bowl. Mix in salad dressing. Add remaining ingredients; mix well and chill.

BAVARIAN CHEESE SALAD

Venus (Merle) Hensley

1 pkg. lemon Jello
1 c. hot water
1 (no. 2) can crushed pineapple
1 c. cheddar cheese, shredded
1 c. chopped nuts
1/4 c. whipping cream (whipped)

Dissolve Jello in hot water and let cool. Just before Jello has set up, add pineapple, cheese and nuts. Fold in whipped cream and let stand in refrigerator overnight.

BLUEBERRY SALAD

Velma Carlson

1 pkg. raspberry Jello
1 sm. can crushed pineapple
1 pkg. Dream Whip or Cool Whip
1 can blueberries

Drain juices and save them. Mix Jello in 1 cup boiling water. When dissolved, add 1/3 cup of pineapple juice and enough blueberry juice to make 3/4 cup liquid. Add to the Jello and chill. When Jello mixture is slightly congealed, add fruit. Let thicken. Fold in Dream Whip or Cool Whip. Put in mold. Serves 8-10.

CHERRY JELLO SALAD

Velma Carlson

1 c. hot water (boiling)
1 c. 7-Up
1/3 c. chopped pecans
1 pkg. cherry Jello
1 med. can chunk pineapple

Dissolve cherry Jello in hot water. Add 7-Up. Then add remaining ingredients; chill.

CHERRY SALAD

Jane McQueen

1 (8-oz.) bowl Cool Whip
1 can cherry pie filling
1 can Eagle Brand milk
1 sm. can pineapple chunks
Crushed walnuts

Mix together and refrigerate.

QUICK CHERRY SALAD

Velma Carlson

1 (4-oz.) box cherry Jello
1 c. boiling water
1 can cherry pie filling
Grated nuts
2 sliced bananas
2 c. vanilla ice cream

Dissolve Jello in water. Add ice cream and stir. Then add cherry pie filling and bananas. Place in mold or freezer dish and top with nuts; freeze. Take out of freezer 30 minutes before serving.

CRANBERRY SALAD

Connie Burnett

1 qt. raw cranberries, ground
1 c. chopped pecans
1 pt. whipped cream
2 c. sugar
1½ lbs. grapes, cut up
1 lb. marshmallows, cut up

Combine cranberries and sugar; let stand 3 hours; whip cream; add all ingredients. Mix let stand in refrigerator for 24 hours before serving. Make half if only 2 people.

MOM'S CRANBERRY JELLO SALAD

Karin Roubideaux

2 c. cranberries, ground

Add (let stand):

1 c. sugar

2 pkgs. Jello, raspberry, cherry or strawberry
2 c. apples, ground
1 c. nuts
2 c. boiling water
1¾ c. cold water

Freeze cranberries for about 1 hour--then grind in small amounts in blender (or food processor). Grind apples, same way. Mix Jello and boiling water, then add cold water and remaining ingredients. Jell in refrigerator.

CRANBERRY SALAD

Dottie Sosnoski

1 pkg. lemon Jello
½ c. boiling water
¼ c. pineapple and cranberry juice combined
2 c. well-drained canned cranberries
1 apple, chopped fine
1 c. drained crushed pineapple

Dissolve Jello in boiling water; add juice, cranberries and pineapple. Mold and chill 24 hours.

CARROT-RAISIN SALAD

Pam Ziegler

2 c. grated carrots
2 T. lemon juice
¼ c. mayonnaise
¼ c. grated coconut
½ c. seedless raisins
1 T. sugar
½ c. nuts, chopped (pecans or cashews are good choices)

Grate carrot, being careful not to grate your finger, too. Toss (that means mix together with a fork) the carrot, raisins, lemon juice and sugar. Put in the refrigerator until ready to serve. Add the mayonnaise and, if you like, the nuts and coconut. Toss again to make sure the mayonnaise coats all the carrot; serve. **To make it fancy:** Put each serving on a piece of lettuce.

ORANGE CARROT SALAD

Connie Burnett

1 pkg. orange Jello
1 c. carrots
1/2 c. chopped nuts
10 sm. marshmallows
1/2 c. chopped celery
1 c. whipped cream

Prepare Jello dessert according to directions on box and while hot, dissolve marshmallows in it. Allow to set; add remaining ingredients; mix in whipping cream last. Chill.

ORANGE RITZ CRACKER SALAD

Sherrie Bohlen

60 Ritz crackers (crushed)
1/4 lb. oleo (melted)
1/4 c. sugar

Mix together. Reserve 1/2 cup for topping. Press in 9 x 13-inch pan. Cool in refrigerator while preparing filling.

Filling:

1 can Eagle Brand milk
8 oz. Dream Whip
1 (6-oz.) can frozen orange juice
1 can mandarin oranges (drained)

Mix all ingredients together. Beat well. Pour into cracker crust. Sprinkle with reserved topping. Chill until set.

PINEAPPLE SALAD

Verla Bookless

1 (no. 2 1/2) can crushed pineapple
1/2 lb. longhorn cheese, diced
1 lb. marshmallows, cut in quarters

Drain juice from pineapple. Mix 1 egg, 3 tablespoons sugar and 1 tablespoon cornstarch. Boil until thick, stirring constantly. Cool slightly. Add to mixture and chill.

STRAWBERRY SALAD

Edith Pierson

1 (8-oz.) pkg. cream cheese
2/3 c. sugar
3 lg. bananas, sliced
1/2 c. chopped nuts
1 (15 1/2-oz.) can pineapple tidbits, undrained
1 (16-oz.) box strawberries, thawed
1 lg. container Cool Whip

Fold all ingredients together well. Freeze. Set out a while before serving. Keeps 4-6 weeks.

PEA SALAD

Mary Alexander

- 1 bunch broccoli
- 1 box frozen peas
- 1/2 c. grated cheese
- 1 c. mayonnaise
- 2 sticks celery
- 3 boiled eggs
- 1 tsp. onion powder
- 1 T. sugar

Mix above ingredients and let set overnight.

THREE-BEAN SALAD

Elizabeth Dye

Drain and combine:

- 1 can cut green beans
- 1 can cut wax beans
- 1 can dark red kidney beans

Add:

- 1 c. chopped green pepper
- 1/2 c. chopped onion

Mix together, then pour over first mixture:

- 1/2 c. sugar
- 1/3 c. salad oil
- 1 tsp. salt
- 2/3 c. vinegar
- 1/4 tsp. pepper

Chill overnight. Toss before serving. Serves 6-8.

VEGETABLES PASTA SALAD

Jaunita Jacobs
Retired

- 1 garlic clove, minced
- 1/4 tsp. salt
- 1/2 c. radish slices
- 1 1/2 c. (6 oz.) shell macaroni, cooked, drained
- 2/3 c. Miracle Whip salad dressing
- 1/2 tsp. dill seed
- 1 c. carrots slices
- 1/2 c. chopped cucumber

Combine salad dressing, garlic, dill and salt; mix well. Add remaining ingredients; mix lightly. Chill several hours or overnight. Yield: 4 servings.

RIGATONI SALAD

Becky Kahmeyer (Lannis)

- 2 (8-oz.) pkgs. rigatoni macaroni
- 1 chopped tomato
- 2 ribs celery, diced
- 1 jar mushrooms
- 1 diced green pepper
- 5 diced green onions
- 1 sliced cucumber

Dressing ingredients:

- 2 c. sugar
- 1 tsp. salt
- 1/2 tsp. garlic powder
- 1 tsp. celery seed
- 1 c. vinegar
- 1 tsp. pepper
- 1 tsp. dry mustard
- 1 tsp. salad seasoning

(continued)

Cook macaroni as per directions on package; drain. Add 2 tablespoons salad oil to coat. Dissolve sugar in vinegar; add seasonings; pour over macaroni and vegetables mixture. Set. Best if set overnight. Before serving, add sliced ripe olives. This keeps well and makes a colorful salad.

CHICKEN PASTA SALAD

Jaunita Jacobs
Retired

1/2 c. Miracle Whip salad dressing
1/4 c. (1 oz.) grated Parmesan cheese
2 T. milk
1 1/2 c. chopped cooked chicken
1 c. (4 oz.) corkscrew noodles, cooked, drained
1 c. chopped tomato
1/4 c. coarsely-chopped onion
1/2 tsp. salt
1 c. green pepper chunks
Lettuce

Combine salad dressing, cheese, milk and salt. Mix well. Add all remaining ingredients except lettuce; mix lightly. Add additional salad dressing just before serving, if desired. Serve on lettuce-covered platter. Yield 4 servings.

ORIENTAL CHICKEN SALAD

Vicky Stoffer

1/2 c. almonds, slivered
2 T. sesame seeds or sunflower seeds
1 can water chestnuts, drained
2 chicken breasts, cooked and cubed
4 green onions, chopped sm.
1/2 head cabbage, shredded

Toast almonds and seeds in 400° oven, then cool. Make a dressing of 2 tablespoons sugar, 1/2 cup oil, 3 tablespoons vinegar, 1 teaspoon MSG (Accent), 1 teaspoon salt and 1/2 teaspoon pepper. Toss with all of tne above. Then lightly toss in 1 package Top Ramen (chicken flavor) noodles. The noodles are to be broken up until pretty well separated. Also, use as much of the seasoning as you wish for taste. It is best served within a couple hours, as the noodles will be crispier. It is still good the next day, through.

SHELL-MAC TUNA SALAD

Connie Burnett

8-oz. sm. shell macaroni
1 green pepper, chopped
4 hard-cooked eggs, sliced
1/2 c. mayonnaise
1/4 tsp. pepper
2 T. sugar
1/4 tsp. tarragon
1/4 tsp. thyme
1 onion, chopped
1 sliced tomato
1 (6-oz.) can tuna, drained
2 tsp. Italian seasoning
1 tsp. basil leaves
1 tsp. oregano leaves
1/2 tsp. salt

Cook shell macaroni until tender; drain. In bowl put macaroni, onion, green pepper and tuna; mix. In another bowl mix the mayon-

(continued)

naise, all the spices and sugar. Stir this into the macaroni mixture. If you want more moist, add more mayonnaise. Put sliced tomato and sliced egg on top; garnish with paprika.

SALT-FREE SALAD DRESSING

Pam Ziegler

2 tsp. all-purpose salt-free blend
1/4 c. wine vinegar, white or red
3/4 c. olive oil or other high quality veg. oil

Mix salt-free blend with vinegar. Add oil to salad and toss well. Add vinegar mix to salad and toss well. Serve. Spice Hunter all-purpose blend is an exquisitely balanced, all-purpose salt-free blend. Sprinkle on top of appetizers and entrees to intensify flavor. Use on eggs, casseroles, meats, seafood, fish, vegetables, sandwiches and salads.

FRENCH DRESSING

Pam Simmons

1 c. sugar
1 can tomato soup
1/8 tsp. garlic salt
1 T. celery seed
Salt and pepper to taste
1/2 c. vinegar
1 soup can salad oil (Crisco veg. oil)
1 T. dry mustard

Mix in bowl by hand. Pour in bottle. Shake well.

MARINATED VEGETABLE SALAD

Gertrude Armbruster
Retired Personnel Dept.

3/4 c. vinegar or red wine vinegar
1/2 c. veg. oil
1 tsp. salt
1 c. sugar
1 T. water
1 can French-style green beans, drained
1 can English peas, drained
1 can shoe peg corn, drained
1 jar chopped pimentos, drained
1 c. chopped celery
1 sm. onion, chopped
1 c. purple onion, chopped

Combine the first five ingredients in a saucepan; bring to a boil to dissolve the sugar. Cool. Combine vegetables; stir in the vinegar mixture. Cover; place in refrigerator overnight. Will keep several weeks.

OVERNIGHT GREEN VEGETABLE SALAD

Edith Pierson

1 head iceberg lettuce
Salt and pepper, to taste
5 hard-cooked eggs, diced
6 oz. frozen English peas
10 oz. shredded Swiss cheese
1 lb. bacon, cooked and crumbled
Mayonnaise to cover
1/2 c. sliced green onions
Paprika

(continued)

Place half of lettuce in 3-quart bowl; arrange eggs over lettuce and season to taste. Next layer peas, remaining lettuce, bacon and cheese. Spread mayonnaise over top, sealing to edge of bowl. Cover tightly and chill for 24 hours. At serving time, arrange green onion around edge and sprinkle with paprika.

BROCCOLI AND RICE

Robin Deming

1 can cream of chicken soup	**1/2 c. milk**
1 box frozen broccoli	**3 T. butter**
1 c. uncooked rice	**1/2 c. Cheez Whiz**

Cook broccoli. Combine cooked broccoli with other ingredients and bake at 350° for 30 minutes.

SCALLOPED POTATOES

Connie Burnett

1 (10 3/4-oz.) can cream of mushroom soup	**1/2 c. milk**
Pepper, to taste	**Paprika, to taste**
4 c. thinly-sliced potatoes	**1 sm. diced onion**

Mix soup, milk and spices in saucepan; heat just before boiling. Pour this mixture over potatoes and onions in large casserole dish and stir well. Bake, covered, for 1 hour and, uncovered, for 15 minutes more at 375°. Serve immediately.

POTATOES SUPREME

Edna Ruth Kemp (Paul)

3 T. butter	**1/4 c. flour**
1 tsp. salt	**1 c. milk**
1/2 c. sour cream	**1 T. snipped parsley**
1 T. onion	**3/4 c. grated cheddar cheese**
3 c. cooked, sliced potatoes	

Melt butter; add flour and salt. Mix. Add milk and cook until thick, stirring constantly. Add sour cream, parsley, onion, cheese and potatoes. Pack into greased casserole. Sprinkle with grated cheese. Bake at 350° for 20-25 minutes. May be refrigerated overnight before baking.

SATURDAY NIGHT POTATOES

Leta Martin

Potatoes	**Oleo or bacon**
Onion flakes	**Grated cheese**

Slice potatoes, leaving peeling on; fan out in rows in a baking dish. Sprinkle with onion flakes. Salt and pepper to taste. Either dot with butter or cover potatoes with thin slices of bacon. Microwave until done. (This can be done ahead of serving; set aside.) When ready to serve, sprinkle generously with grated cheese and reheat until cheese is melted.

CAULIFLOWER MOUNTAIN (Microwave)

Betty Ratzlaff

1 T. prepared mustard
1 med.-sized head cauliflower
1 c. mayonnaise
4 oz. sharp cheddar cheese, shredded
1 tsp. dry mustard

Place whole head cauliflower, stem end down, in 8-inch glass pie plate. Cover with plastic wrap. Cook in microwave on full power for 7-8 minutes or until tender. Mix mayonnaise, prepared mustard and dry mustard in a bowl. Pour mixture over top of cooked cauliflower. Sprinkle with shredded cheese. Cook in microwave, uncovered, on full power for 1 minute to melt cheese. Makes 4 servings.

CORN CASSEROLE

Elizabeth Dye

1 can creamed corn
1 can whole-kernel corn
1/2 c. chopped onion
Salt and pepper, to taste
1 c. milk
1 stick margarine, melted
1 box Jiffy corn muffin mix

Mix and bake 1 hour at 350°.

CORN CASSEROLE

Linda (Leroy) Zeek
Darrel Drake

1 c. sour cream
1 box Jiffy cornmeal mix
1 (16-oz.) can whole-kernel corn, do not drain
1 (16-oz.) can creamed corn
2 eggs, slightly beaten
2 sticks melted oleo (add last)

Combine ingredients. Pour into greased 9 x 12-inch glass. Bake at 350° for 45 minutes.

SPAGHETTI SQUASH

Connie Burnett

Squash
1 c. grated cheddar cheese
1 c. grated zucchini
1 c. tomato sauce
1/4 tsp. salt
1/4 tsp. pepper
1/8 tsp. crumbled basil leaves
Dash of garlic powder
2 T. grated Parmesan cheese

Cut squash in half lengthwise and clean out seeds. **Boiled:** Place squash cut side down in a pot with 2 inches of water; cover and boil for 20 minutes. **In microwave:** Place squash cut side up in a dish with 1/4 cup water. Cover with clear wrap; cook 7-8 minutes. Run fork over inside of cooked squash to get spaghetti-like strands. Scoop out spaghetti from 1/2 cooked squash. Add cheddar cheese, grated zucchini, tomato sauce, salt and pepper, crumbled basil leaves and dash of garlic powder. Mix well and spoon back into empty squash. Sprinkle on 2 tablespoons grated Parmesan cheese and bake at 350° for 20 minutes.

ALABAMA BAKED BEANS

Crystal Neal
Granddaughter of Don Poe

3 (16-oz.) cans pork and beans
1 med. onion, chopped
4 slices bacon, cut in half
1/3 c. packed brown sugar
3 T. white vinegar
2 T. Worcestershire sauce
3 T. mustard
3 slices bacon, cut in 1/2

Mix beans, onion, bacon pieces, sugar, vinegar, Worcestershire sauce and mustard. Spoon into 2-quart casserole. Arrange sliced bacon on top and sprinkle with a little more brown sugar.

CUCUMBERS AND ONIONS

Connie Burnett

1 lg. cucumber
Salt and pepper, to taste
1 med. onion
1/4 c. vinegar

Peel cucumber and slice into a bowl. Peel and cut up onion and put in with cucumber. Add the salt, pepper and vinegar; mix thoroughly. Chill in refrigerator for 1 hour or overnight. Will keep for several days in refrigerator. If want larger quantities just increase the amount of each ingredient for this recipe.

HASH BROWN CASSEROLE

Becky Kahmeyer (Lannis)

2 lbs. frozen hash brown potatoes, thawed
1/2 c. melted oleo
1 tsp. salt
8-oz. tub French onion dip
1 c. milk
1 can cream of chicken soup
1/4 tsp. pepper
2 c. grated cheddar cheese

Mix the ingredients all together and pour into a greased 9 x 13-inch pan. Bake at 350° for 45 minutes. Sprinkle top with some extra grated cheese; put back into oven until melted. This is good to fix ahead of time and put in freezer until needed.

HONEY-GLAZED CARROTS

Connie Burnett

10 to 12 sm. carrots
1 T. brown sugar
3 T. butter or margarine
2 T. honey

Cook carrots in small amount of boiling salted water about 10 minutes or until tender. First cut carrots lengthwise in strips. Drain. In a skillet melt butter; add sugar and honey. Simmer mixture for 2 minutes. Add carrots and cook over low heat, turning until well glazed, about 5 minutes.

VEGETABLE DISH

Pam Simmons

2 lg. pkgs. frozen cauliflower	**1 can cheddar cheese soup**
1 lg. pkg. frozen broccoli	**1 pkg. French fried onion rings**
2 cans cream of mushroom soup	

Heat soups together and pour over top of vegetables. Bake 30 minutes at 350°. Put French fried onion rings on last 5 minutes.

HARVARD BEETS

Connie Burnett

1 (1-lb.) can (2 c.) diced beets	**2 T. sugar**
1 T. cornstarch	**1/4 tsp. salt**
1/4 c. vinegar	**2 T. butter or margarine**

Drain beets, reserving 1/3 cup of liquid or cook raw beets until tender and save 1/3 cup liquid. In saucepan combine sugar, cornstarch, and salt. Stir in reserved beet liquid, vinegar and butter. Cook and stir until mixture thickens. Add beets; heat through.

LIMA BEAN-CORN PIE

Roberta Sallee (Charles)

1 (10-oz.) pkg. frozen kernel corn, thawed	**1 ready-made 9-in. pie shell**
1 (10-oz.) pkg. frozen lima beans, thawed	**3 eggs**
1 c. grated cheddar cheese	**1½ c. half & half**
3 green onions, chopped	**1 tsp. salad herbs**
	1/2 tsp. salt

In a bowl combine the corn, lima beans, cheese and onions, mixing well. In a separate bowl beat together eggs, half & half, salad herbs and salt until well blended. Pour mixture over lima beans mixture, blending well. Spread evenly into prepared pie shells. Bake at 350° for 30 to 35 minutes or until pie is firm and lightly browned. Good served with lamb chops and mixed green salad.

SWEET POTATO CASSEROLE

Carlene Poe (Don)

2 1/2 lbs. cooked sweet potatoes	**1/2 tsp. nutmeg**
1 c. sugar	**1/2 tsp. salt**
1/4 c. butter	**1 c. brown sugar**
2 eggs	**1/3 c. self-rising flour**
1 tsp. vanilla	**1 c. chopped nuts**
1/2 tsp. cinnamon	**1/4 c. melted butter**

Mix sugar, butter, eggs, salt, vanilla and spices. Add to potatoes. Pour into 2-quart casserole. **To make topping:** Brown sugar, flour, nuts and melted butter. Spread on top of potatoes. Bake in 350° oven for 30 to 35 minutes. Makes 6 to 8 servings.

SWEET POTATO CASSEROLE

Pam Ziegler

3 c. mashed sweet potatoes
1 stick oleo, melted
1 tsp. vanilla
1 c. sugar
2 eggs

Topping:

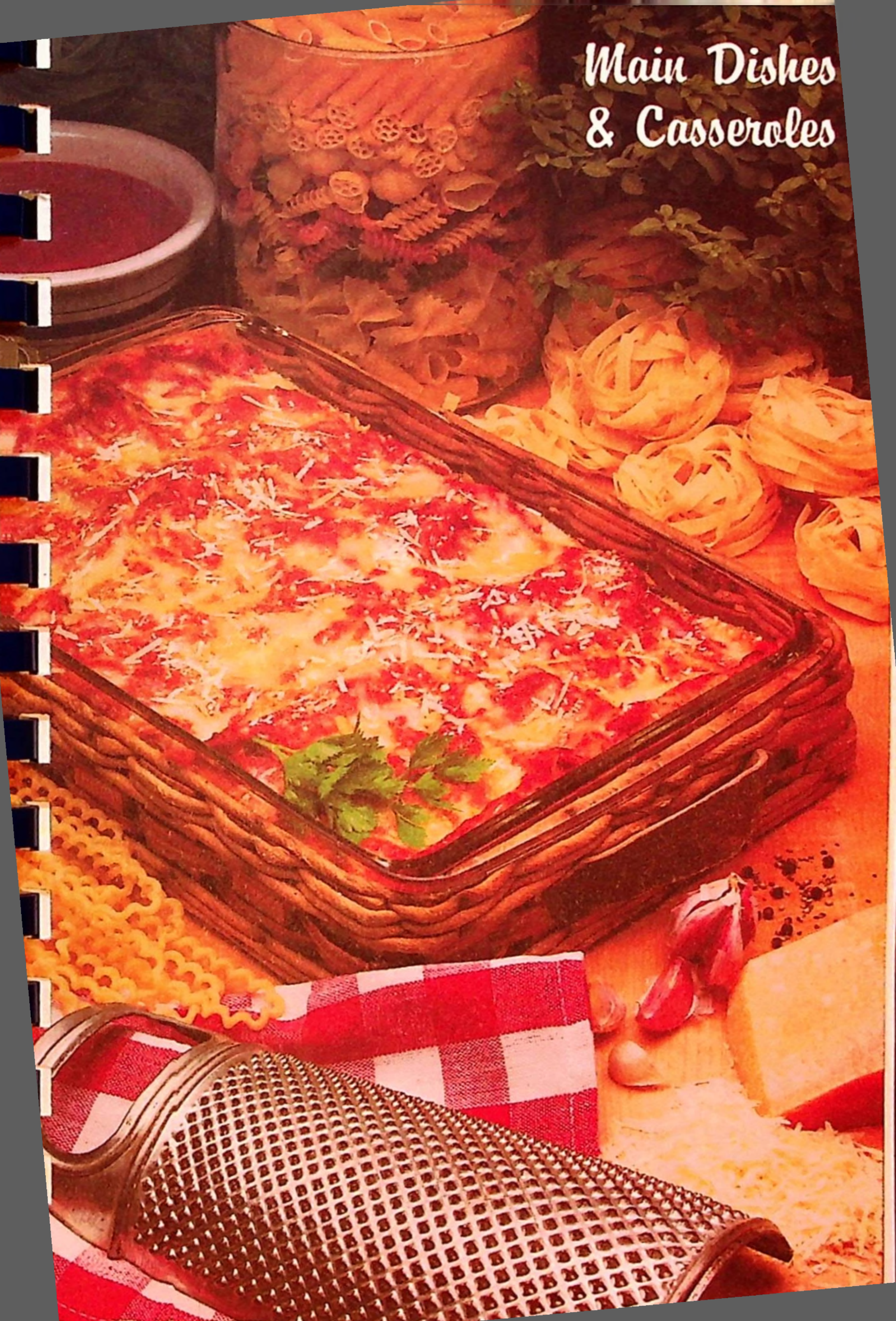
1 c. brown sugar
3/4 c. soft oleo
1/3 c. flour
1 c. chopped nuts

Mix sweet potatoes, stick oleo, sugar, vanilla and eggs. Put in greased casserole dish. Set aside. Mix all together topping ingredients; pour over potatoes. Bake at 350° for 20-30 minutes.

Recipe Favorites

Recipe Favorites

Main Dishes & Casseroles



Main Dish Mentionables

Make frying seafood easy. There is a product called " Golden Dipt Fish Coating" available at grocery stores that makes coating fish easy. This product is used by most restaurants and it is quick and easy. Just follow directions.

To keep meat moist and flavorful when reheating it - without adding extra fat - place a lettuce leaf in the bottom of a casserole, put meat on lettuce, then cover with another lettuce leaf. Add a little water to the bottom of the pan and heat at 350° until meat is hot.

Bringing home the bacon: Keep bacon slices from sticking together by rolling the package into a tube shape and securing it with a rubber band before refrigerating.

Stopping the splattering: To keep hot fat from splattering, sprinkle a little salt or flour in the pan before frying.

Juicier burgers: Add one stiffly beaten egg white to each pound of hamburger. Or, make patties with one tablespoon of cottage cheese in the center.

No more fowl play: Defrost frozen chicken by soaking in cold water that's been heavily salted. Meat will be pure white and very flavorful.

After cooking, small roasts should sit for 10-15 minutes before carving, a large roast should sit for 20-30 minutes.

A fork should never be stuck in meat while frying or grilling as it punctures the meat and lets the juices out. Use tongs.

Thaw meats in the refrigerator so as not to lose juices.

Spray your barbecue grill with vegetable oil to prevent sticking.

Instant potatoes are a good thickening for stews.

Bacon that has been fried and drained crisp can be frozen in foil; reheat in toaster oven to crisp.

Dip your fingers in water to prevent meatballs from sticking to your hands.

Meat loaf can be cooked in individual muffin pans in half the normal baking time.

MAIN DISHES AND CASSEROLES

SCOUT DINNER

Richard McMurry

2 carrots
1 med. onion
2 potatoes
1/2 lb. hamburger

Peel and slice vegetables. Wrap in 18 x 18-inch heavy tin foil. Cook in oven for 1 hour 300°. Salt and pepper to taste. Makes 1 serving. Double wrap in tin foil to cook outside over grill or campfire.

CHILLIGETTI

Wilma Ruebke

1 lb. ground beef
2 med. onions, chopped
1 T. chili powder
1 tsp. salt
1 c. (16 oz.) tomatoes
1 c. (8 oz.) tomato sauce
1 c. (15 oz.) kidney beans
1 (6-7-oz.) pkg. spaghetti

Cook and stir ground beef and onions in large skillet until meat is brown and onions tender. Stir in tomatoes, tomato sauce, chili powder, salt and beans with liquid. Heat to boiling; reduce heat. Cook, uncovered, 10 minutes. Cook spaghetti; drain. Turn onto large platter and top with hot chili mixture. Serves 5.

QUICK CHICKEN AND NOODLES

Velma Carlson

2 (8-oz.) cans mixed chicken
1 can chicken broth
1 can water
Dash turmeric
2 c. pkgs. egg noodles

Put water, broth and chicken in pan. Bring to boil; add noodles. Season to taste using salt and pepper and the turmeric.

CHICKEN 'N PINEAPPLE

Lori Hunt

1-lg. pkg. chicken
1 sm. can crushed pineapple
1 can cream of chicken soup
Cooked rice for 2-4 people
1 can corn, drained

Boil chicken until cooked about 20 minutes. Save back about 1 can worth of broth instead of water. Dice chicken into bite-sized pieces; add soup broth, pineapple and corn. Stir until hot. Season to taste. Serve over cooked rice.

CHICKEN BREASTS AND RICE

Dottie Sosnoski

1 c. cream of mushroom soup
1 c. cream of celery soup
1 c. milk
1 c. rice, uncooked
1 can chopped mushrooms
1 pkg. dried onion soup
4-6 chicken breasts

Stir mushroom and celery soup together. Add milk, rice, mushrooms, salt and pepper to taste. Put in a buttered casserole dish. Place chicken breasts on top of this mixture and sprinkle 1 pack-

(continued)

age dried onion soup mixture over this. Cover with foil and **refrigerate overnight.** Bake at 350° for 2 hours. **Don't peek!**

CAN-CAN CHICKEN

Velma Carlson

1 can cream of chicken soup
1 can cream of celery soup
1 soup can water
2 sm. cans mixed chicken chunks
1 (3-oz.) can chow mein noodles
1 1/3 c. Minute Rice

Combine all ingredients except noodles in a large skillet. Stir to mix. Bring quickly to a boil. Cover; reduce heat. Stir. Serve with noodles.

GERMAN SKILLET DINNER

Peggy Weikal

1 T. butter or oleo
2/3 c. uncooked white rice
1 1/4 tsp. salt
16 oz. sauerkraut
1 med. onion, chopped
1 lb. ground beef
1 (8-oz.) can tomato sauce

In skillet heat butter; spread sauerkraut over butter. Sprinkle with rice and onion. Top with meat, salt, pepper and tomato sauce. Cook over low heat 25 to 30 minutes. Cover skillet and add 1/2 cup water. Cook approximately 20 minutes.

HAMBURGER PIE

Barney Thompson

Filling:

1 lb. hamburger
1 can green beans
1 can tomato soup
1 T. Nature's seasoning

Crust:

4 c. flour
1/2 c. Crisco
1 T. salt
Ice water

Brown hamburger; drain and add tomato soup, green beans and seasoning. Let simmer. Mix flour, Crisco and salt until you have little lumps. Add enough water until you have a dough for crust. Divide in two and roll out for two crusts. Put one in bottom of pie pan. Fill with hamburger mixture and cover with other crust. Bake at 350° for 30-35 minutes.

SOUR CREAM ENCHILADA

Sue Neil
Don Poe

1 1/2 to 2 lbs. hamburger
1 tsp. salt
Cheese
1 bunch green onions
2 c. sour cream
2 (16-oz.) cans refried beans
2 c. shredded cheddar cheese
2 c. shredded Monterey Jack
16 lg. flour tortillas
2 cans enchilada sauce

(continued)

Brown hamburger. Add salt and chopped onions. Remove from heat and stir in sour cream, refried beans and 1 cup of each cheese. Dip tortillas in hot oil and fill with ground beef mixture. Place in two 9 x 13-inch pans. Pour a can of enchilada sauce over each pan. Top with the rest of the cheese. Warm in oven at 325° for 30 minutes. Can be refrigerated until time to put in oven.

HAMBURGER STROGANOFF

Anna Lee Wiebe

1 lb. ground beef
1 clove garlic
1 can cream of mushroom soup
Salt and pepper, to taste
1/2 c. minced onion
2 T. flour
1 c. sour cream

Brown beef and onions. Stir in garlic, salt, pepper and flour. Add soup and sour cream. Simmer 10 minutes. Serve over hot, fluffy rice or noodles.

MEXICAN RICE

Pam Ziegler

1 c. rice
1/4 tsp. salt
1 1/4 c. plain yogurt
1 green pepper, chopped
1/2 c. corn, cooked (opt.)
2 c. water
2/3 c. Monterey Jack cheese, grated
1/3 c. cheddar cheese, grated
1/4 c. black olives (opt.)

Place water and salt in a pan that has a cover. Bring to a boil. Add rice and cover. Cook over low heat for about 25 minutes until done. Grate cheeses; chop green pepper and olives. If you use corn, cook per instructions. When rice is done put it in a serving bowl. Mix in vegetables, Monterey Jack cheese and yogurt. Stir in cheddar cheese and cover bowl for a few minutes allowing the cheese to melt.

ONE DISH MEAL

Pam Simmons

2 lg. potatoes
1/8 tsp. pepper
1 lb. hamburger
1 sliced onion
1/2 tsp. salt
1/2 c. uncooked rice
2 sliced carrots
2 c. tomato juice

Slice potatoes in bottom of greased 1 1/2-quart casserole and sprinkle with salt and pepper. Add onions, carrots, rice and hamburger. Pour tomato juice over all. Cover and bake 1 1/2 hours in preheated 350°.

OVEN OMELET BRUNCH

Karin Roubideaux

1/4 c. oleo
18 eggs
1 c. dairy sour cream
Can of sliced mushrooms
2 tsp. salt
1/2 c. chopped green onion
1 c. milk
1/2 lb. Swiss cheese, grated

(continued)

In 325° oven melt oleo in 8 x 12-inch glass baking dish. Tilt to coat bottom. In large mixer bowl, beat eggs, sour cream, milk and salt until blended. Stir in onions and mushrooms. Bake until set, about 35 minutes. Serves 12. Can be cut into squares for serving. Can be stirred up 24 hours ahead and kept in refrigerator.

PORK AND BEANS

Elaine Lockwood

1 (6-oz.) can tomato paste
1 c. water
1 pkg. spaghetti sauce mix
2 cans green beans, drained
1 med. onion, chopped
1/2 lb. diced ham
1/2 c. grated mozzarella cheese
1/2 c. grated cheddar cheese
1 (4-oz.) can sliced mushrooms

Combine tomato paste, water, spaghetti sauce mix; heat until thick. Saute mushrooms, onions and meat in butter. Combine with green beans and sauce. Top with cheeses and bake at 350° for 40 minutes.

PICANTE PORK AND BEANS

Leta Martin

2 c. pinto beans
1 sm. jar picante sauce
1 (3-lb.) bone-in pork roast
5-6 c. water

Put all ingredients in crockpot or a regular pan. Cook until pork begins to loosen from bone; remove. Shred and put back in with beans. This dish can either be served with cornbread or on taco chips with grated cheese and chopped onions.

PIZZA

Sue Ensminger

1 lb. ground beef
1/2 to 1 tsp. salt, to taste
1/4 tsp. garlic salt (opt.)
1 tsp. oregano
1 c. grated cheese (mix cheddar and mozzarella)
1 med. onion, minced
1/4 tsp. pepper
1 tsp. basil
1 (8-oz.) can tomato sauce

Brown meat in large pan. Add onion and cook on medium heat until onion is transparent. Add seasonings. Use 1/2 dough from recipe of yeast bread (use rest for rolls). Roll dough to fit 12-inch round pan or can use cookie sheet and make it rectangular. Dough should be thin. Oil pan; place dough on pan. Make a high ridge at the edge. Place meat mixture on dough. Any other toppings may be added. Add tomato sauce. Sprinkle grated cheese on top. Bake 20-25 minutes at 375°. Crust should be a golden brown.

PORCUPINE MEATBALLS

Sue Ensminger

1/2 c. rice
1 T. onion, minced
1 tsp. pepper
1 (10 1/2-oz.) can tomato soup
1 lb. ground beef
1 tsp. salt
3/4 c. water

Wash rice. Combine rice, meat, onion, salt and pepper. Form into balls. Mix soup and water in pressure saucepan. Drop meatballs in pan. Cover; set control at 10 and cook 10 minutes after the control jiggles. Cool normally for 5 minutes, then place under faucet.

PORK CHOPS AND RICE

Leta Martin

2 cans golden mushroom soup
1 1/2 c. instant rice
1 c. milk
1/2 pkg. dried onion soup mix
Pork chops

Mix all but pork chops in a bowl. Pour into a large pan or baking dish. Cover mixture with pork chops. Bake at 375° covered with foil for 2 hours or until done.

QUICHE LORRAINE

Karin Roubideaux

1 (9-in.) crust, baked 15 min.
Cubed ham or crumbled bacon
1 pt. half & half cream
4 oz. Swiss cheese, cubed
4 eggs

Put into baked crust: cheese and meat. Beat eggs; add half & half. Beat until thick. Add salt, pepper and nutmeg to taste. Pour egg mixture into crust. Bake 375° 30-40 minutes. Knife should be clean when done.

HAM AND CHEESE QUICHE LORRAINE

Dottie Sosnoski

1 c. diced, cooked ham
1/2 tsp. salt
1 c. diced Swiss cheese
1 1/2 c. heavy cream
Dash of pepper
9-in. pie shell, partially baked and brushed with egg white
3 eggs
1/8 tsp. basil

Mix ham and cheese; distribute evenly over pie shell. Mix all other ingredients together well. Pour over ham and cheese mixture. Bake in preheated 350° oven for 30-40 minutes until mixture is set. **Note:** Chopped mushrooms also are good in this recipe.

STUFFED MEATBALL IN MUSHROOM SAUCE (Microwave)

Velma Carlson

2 med. potatoes, pared and cut in cubes
1 T. chopped parsley
1/2 tsp. salt
3/4 c. milk
1 can cream of mushroom soup
1 lb. ground beef chuck
2 T. chopped onions
2 T. dry bread crumbs
1 egg
2 T. water

Put potatoes into a 1-quart glass casserole. Cover with an all-glass lid or plastic wrap. Cook in microwave about 4 1/2 minutes at high or until tender. Stir once; set aside. Combine meat, onion, parsley, bread crumbs and salt. Mix egg and water. Stir into meat mixture and divide into 12 portions. Shape each portion into a meatball using 1 to 3 potato cubes as the center. Put into a 1 1/2-quart casserole. Cover with waxed paper. Cook in microwave 6 minutes at high; rearrange after 3 minutes. Drain off fat. Combine soup and milk. Stir in remaining cooked potatoes. Pour over meatballs. Cover with waxed paper. Cook in microwave 5 minutes at Bake; rotate dish 1/4 turn once.

SPAGHETTI WITH BOLOGNA SAUCE

Peggy Weikal

1 (8-oz.) pkg. spaghetti
1/3 c. chopped onion
1 (15-oz.) can tomato sauce
1/4 tsp. sugar
Parmesan cheese (opt.)
1 T. salad oil
1 med. carrot, grated
1/2 tsp. salt
1/4 lb. bologna or liverwurst (in 1 pc.), cut into bite-sized chunks

Prepare spaghetti as label directs; drain. In saucepan over medium heat in hot salad oil cook onions and carrots until tender. Add tomato sauce, salt and sugar. Heat to boiling. Reduce heat to low; cover and simmer 15 minutes. Add bologna or liverwurst. Cook until heated through. Serve over spaghetti or mix together to serve. Top with cheese.

MEXICAN STUFFED PEPPERS

Connie Burnett

1 1/2 lbs. ground beef
1 c. chopped onion
Mild or hot picante sauce
1 (10-oz.) can green tomatoes and chilies
1 1/4 tsp. salt (opt.)
13 lg. peppers, centers cut out and insides clean of seeds
1 1/2 c. soft bread crumbs
American cheese slices
1 egg

Mix together ground beef, tomatoes and green chilies, bread crumbs, egg, onion and salt. Put in green peppers to within 1/4 from the top. Put a tablespoon of picante sauce on top each pepper and cut American cheese slices in fourths; put each slice of cheese on top of each pepper. Put aluminum foil in a 13 x 9 x 2-

(continued)

inch cake pan and place peppers in there. Bake in preheated 375° oven for 1 hour.

STUFFED PEPPERS (Microwave)

Elizabeth Dye

6 med. peppers
1 1/2 c. cooked rice
1 1/2 tsp. salt
1 clove garlic, minced
6 slices sharp cheese
1 lb. lean ground beef
2 T. instant minced onion
1/4 tsp. pepper
1/2 can cond. tomato soup

Cut off top of green peppers; remove membrane and set aside. Mix together beef, rice, onion, salt, pepper, garlic and tomato soup. Spoon mixture into peppers and arrange around sides of a large casserole or baking dish. Stir 1/2 cup water into remaining 1/2 can of soup and pour around and over peppers. Cover with plastic wrap and bake in microwave oven on high for 15-18 minutes. Remove cover and top each pepper with 1 slice sharp cheese and microwave 1 minute on high. Let set, covered, 2-3 minutes. Serve.

SOUR CREAM NOODLE BAKE

Gloria Gehring

1 lb. ground chuck
2 T. margarine
1 (8-oz.) can tomato sauce
1/4 tsp. black pepper
1 tsp. salt
1/2 tsp. garlic salt
6 oz. noodles (wide)
1 c. cottage cheese
1 c. sour cream
1/2 c. chopped onions
3/4 c. shredded cheddar cheese

Lightly brown the ground chuck in the margarine. Add the tomato sauce, pepper, salt and garlic salt. Mix well. Simmer for 8 minutes. Cook the noodles according to package directions. Drain. Stir in the sour cream, cottage cheese and onions. Spoon 1/3 of noodle mixture in bottom of 21/2-quart casserole. Top with 1/2 of meat mixture; repeat layers. Top with the shredded cheese. Bake at 350° for 30 to 35 minutes or until casserole is bubbly.

SUPER SUPPER

Don Wright

11/2 c. sour cream
1 c. water
1 pkg. instant potatoes (11/2 c.)
1 lb. ground beef
1 (15-oz.) can tomato sauce with tomato bits
1/2 c. diced cheese
1 c. (12 oz.) corn with sweet peppers, undrained
1 T. instant minced onions
1 tsp. salt
1/4-1/2 tsp. pepper
1/8 tsp. oregano

In ungreased 21/2-3-quart shallow casserole dish blend sour cream and 1/2 cup water. Stir in dry mashed potato flakes. Pat onto bottom of dish. Brown beef; stir in 1/2 cup water and remaining ingredients, except cheese. Spoon beef mixture over potatoes. Sprinkle with cheese. Bake at 350° for 25-30 minutes. Makes 6 servings.

SPANISH RICE

Jill Tuxhorn

1 c. long-grain rice
1/4 c. chopped onion
2 c. hot water
Salt and pepper
3 T. oil
1/2 tsp. jalapeno pepper
1/4 c. tomato sauce

Brown rice in oil. Add onions and jalapeno pepper. Let brown a few seconds. Add water, tomato sauce, salt and pepper. Boil for 2 minutes. Cover and simmer for 20-25 minutes. Remove lid and fluff. Ready to serve.

TUNA-BROCCOLI ROLL-UPS

Jane McQueen

1 (10 3/4-oz.) can cond. cream of mushroom soup
1 c. milk
1 (10-oz.) pkg. frozen broccoli spears, thawed, drained and cut in 1-in. pcs.
1 (10-oz.) can tuna, drained and flaked
1 c. (4 oz.) shredded cheddar cheese
1 (2.8-oz.) can Durkee French fried onions
6 sm. (7-in.) flour tortillas
1 tomato, chopped (opt.)

Combine soup and milk; set aside. Combine tuna, broccoli, 1/2 cup cheese and 1/2 can French fried onions. Stir in 3/4 cup soup mixture. Divide tuna mixture evenly between the tortillas and roll up; place seam side down in slightly-greased 9 x 13-inch baking dish. Stir tomato into remaining soup and pour top of tortillas with remaining cheese and onions. Bake, covered, for 35 minutes at 350°. Top center of tortillas with remaining cheese. Bake, uncovered, 5 minutes longer. Makes 6 servings.

TURKEY PARMIGIANA

Pam Ziegler

1 pkg. turkey breast slices
2 T. salad oil
1 clove garlic
1/2 c. seasoned bread crumbs
4 oz. mozzarella cheese
1 egg
1/2 tsp. salt
3 oz. tomato sauce
1 tsp. oregano

Fork blend egg and oil. Dip turkey slices into egg, mix, then roll in crumbs. Bake 8 to 10 minutes. Combine salt, tomato sauce, garlic and oregano. Simmer until thick. Spoon over turkey slices. Top with 4 ounces mozzarella cheese and broil until bubbly.

TEXAS BEANS

Everett I. Berends

2 lbs. ground beef
1 green pepper, chopped
1 tsp. liquid smoke
2 T. molasses
1 lg. can pork and beans
1 med. onion, chopped
3 T. brown sugar

(continued)

Mix all ingredients together in large pot and cook about 1/2 hour or until hamburger is done.

WESTERN MEAL-IN-ONE

Joyce Stubby

1 lb. ground beef
1 lg. onion, chopped
2 tsp. chili powder
2 1/2 c. tomatoes
1 can navy beans
3/4 c. instant rice
3/4 c. grated cheese
Salt, to taste

Brown meat until brown; add salt, onion and chili powder. Simmer for 5 minutes. Mix in tomatoes, beans and rice. Place in greased casserole; bake, uncovered, for 45 minutes at 350°. Sprinkle with cheese and continue baking until cheese is melted.

EGGS PORTUGAL (Breakfast Casserole)

Elizabeth Dye

8 slices bread, cubed
2 1/2 c. milk
1/2 c. onion
1 can cream of mushroom soup
1 pkg. link sausage, cut in 1/4 OR crumble and brown 1 lb. sausage
4 eggs
2/3 c. grated cheese

Line 9 x 13-inch pan with bread cubes. Add cooked sausage; cover with cheese. Blend in blender the egg, milk, soup and onion. Pour over ingredients in pan. Bake 1 hour at 350°. Can be made the night before and covered with plastic or foil, then refrigerated.

LAYERED TURKEY CASSEROLE

Pam Ziegler

In greased casserole, cover bottom of dish with layer of 2 cups cooked rice. Add by layers: 1 large onion thinly sliced, 2 cups diced cooked turkey, 1 green pepper (chopped). Mix together 2 cans cream of mushroom soup and 1 can water. Pour over casserole. Bake, uncovered, at 350° for 1 hour.

CHICKEN RICE CASSEROLE

Joyce Ensminger

2 c. rice
1 whole chicken, cut up
1 can cream of mushroom soup
1 can cream of celery soup
1 can cream of chicken soup
3 c. water
1 lg. chopped onion (opt.)

Mix rice, soups, water and onions. Mix ingredients well. Pour half of mixture in Dutch oven. Place chicken in; cover with remaining mixture. Bake at 350° for at least 1 hour or when chicken and rice is done.

CHICKEN AND BROCCOLI CASSEROLE (Microwave)

Pam Ziegler

3 T. water	**1 T. soy sauce**
1 T. cornstarch	**1 tsp. fructose**
1 tsp. instant chicken bouillon	**1/8 tsp. garlic powder**
3 med. green onions	**1 T. veg. oil**
4 oz. fresh sliced mushrooms	**3-3 1/2 c. fresh broccoli**
2 whole boneless chicken breasts, skin removed and cut into strips	

In small bowl, combine water, soy sauce, cornstarch, fructose, chicken bouillon and garlic powder. Set aside. Preheat 10-inch browning dish at high for 5 minutes in microwave. Pour in oil; add onions, chicken strips and broccoli. Stir until sizzling stops; cover. Microwave at high for 3 1/2 to 4 1/2 minutes or until chicken is no longer pink and broccoli is tender crisp. Add mushrooms and soy sauce mixture, stirring to coat chicken. Microwave at high for 2-3 minutes or until sauce thickens slightly, mushrooms are tender and mixture is heated through, stirring 2 or 3 times.

COWBOY CASSEROLE

Crystal Neil
Granddaughter of Don Poe

1 1/2 lbs. ground beef	**1 can tomato soup**
1 c. chopped onion	**1 c. shredded cheddar cheese**
1 can kidney beans	**1 box Jiffy cornbread mix**

Brown beef and onion; add beans and soup. Mix well. Put in casserole and cover with shredded cheese. Top with cornbread mix which has been mixed according to directions on the package. Bake at 375° for approximately 25 minutes or until cornbread is done.

MEXICAN BEEF CASSEROLE

Connie Burnett

1 (7-oz.) pkg. elbow macaroni	**1 lb. lean ground beef**
3/4 c. chopped green pepper	**1 clove garlic, chopped**
2 c. hot water	**1 (16-oz.) can tomatoes, cut**
1 (6-oz.) can tomato paste	**1 (12-oz.) can corn, drained**
1/4 c. pitted olives, sliced	**1 (8-oz.) can tomato sauce**
2 tsp. chili powder	**1/8 tsp. ground cumin**
1 tsp. salt	**1 tsp. oregano leaves**
1 c. crushed corn chips	**1/2 c. shredded cheddar cheese**

Prepare macaroni according to package directions. Drain. Preheat oven to 350°. In large skillet, brown meat; pour off fat. Add green pepper, onion and garlic; cook and stir until tender. Stir in cooked macaroni, water, tomatoes, tomato paste, corn and olives. Pour into 3-quart shallow baking dish (13 x 9-inch). Stir together tomato

(continued)

sauce and seasonings. Pour over macaroni mix. Bake 25 to 30 minutes; top with corn chips and cheese. Bake 5 minutes more.

TACO CARNIVAL CASSEROLES

Rose Miller

1 (10-oz.) pkg. mixed veg. frozen in butter sauce
1/2 c. chopped onion
1 c. water
2 c. shredded cheddar cheese
1 (6-oz.) bag corn chips
2 lbs. lean ground beef
1 (1 1/4-oz.) pkg. taco seasoning
1 (10-oz.) can enchilada sauce

Cook vegetables according to package directions only until thawed. In large skillet brown ground beef and onion; drain off excess fat. Add taco seasoning and water; cover and simmer for 10 minutes. Remove from heat and stir in mixed vegetables. Sprinkle 1/3 of corn chips over bottom of a greased 9 x 9 x 1 1/2-inch baking dish. Add half the meat mixture, then top with half the enchilada sauce. Sprinkle with half the cheese. Repeat each layer beginning with another 1/3 of the chips and ending with cheese. Bake at 350° for 15 minutes. Top with remaining corn chips and bake 5 minutes longer. Makes 6 servings.

HAMBURGER NOODLE CASSEROLE

Velma Carlson

1 1/2 lbs. hamburger
2 cans cream of chicken soup
8 oz. cheddar cheese, grated
1 can corn, drained
1 sm. onion
8 oz. noodles, cooked

Cook hamburger and onion. Add noodles, soup, corn and 1/2 the grated cheese. Put the other half of grated cheese on top of casserole. Bake at 350° for 30 minutes.

SKILLET SUPPER

Velma Carlson

1 lb. ground beef
1 (16-oz.) can whole tomato, cut in chunks
1 tsp. salt
Dash of black pepper
1 c. uncooked macaroni
1/2 c. water
4 oz. cheddar cheese, grated
1/3 c. chopped onion
1 (8-oz.) can tomato sauce
1 1/4 tsp. chili powder
Dash of cayenne pepper
1 (12-oz.) can whole-kernel corn with sweet peppers

In large skillet brown beef and onion. Drain off fat and stir in tomatoes, tomato sauce and seasonings. Heat to boiling. Add undrained corn, macaroni and water. Bring to boil again. Reduce heat and simmer about 20 minutes or until macaroni is tender. Sprinkle with cheese. Let cheese melt. Serve from skillet. Serves 6.

HEARTY BEEF 'N POTATO CASSEROLE

Amy Mitchell (Marvin)

4 c. frozen potato rounds
1 lb. ground beef
1 (10-oz.) pkg. frozen chopped broccoli, thawed
1 can French fried onions
1 med. tomato, chopped
1 can cream of celery soup
1/3 c. milk
1 c. shredded cheddar cheese
1/4 tsp. garlic powder
1/8 tsp. pepper

Place potatoes on bottom and up sides of 8 x 12-inch casserole dish. Bake, uncovered, at 400° for 10 minutes. Brown beef in large chunks; drain. Place beef, broccoli, 1/2 can onions and tomatoes in potato shell. Combine soup, milk, 1/2 cup cheese and seasoning; pour over beef mixture. Bake, covered, at 400° for 20 minutes. Top with remaining cheese and onions. Bake, uncovered, 2 to 3 minutes. Serves 6.

HAMBURGER AND MASHED POTATO CASSEROLE

Kay Estep (Don)

1 lb. ground beef
1 med. onion, chopped
1 T. chili powder
1 can cream of tomato soup
1 can green or yellow wax beans, drained
2 c. prepared mashed potatoes
Salt and pepper, to taste

Brown hamburger and onion in small amount of fat and add chili powder, salt, pepper, soup and beans. Pour into casserole and top with spoonfuls of mashed potatoes. Bake 30 to 35 minutes at 300°.

BROCCOLI CASSEROLE

Mary Goodpaster

1 stick butter
10-oz. pkg. frozen broccoli
1 c. celery, diced
1 c. onion
1 can mushroom soup
Sm. jar Cheez Whiz
1/2 c. milk
1 c. Minute Rice

Brown celery and onion in butter; add broccoli and mix well until thawed. Add soup, Cheez Whiz, milk and Minute Rice. Bake 25 minutes at 350°.

POTATO CASSEROLE

Edith Pierson

2 lbs. frozen hash browns
1/2 c. melted butter
1 tsp. salt
1/2 tsp. pepper
2 T. onion
2 c. sour cream
2 c. grated cheddar cheese
1 can mushroom soup

Combine all ingredients; place in 9 x 13-inch baking dish. Top with an additional cup of grated cheddar cheese. Bake 1 hour at 350°.

TATER TOT CASSEROLE

Lori Hunt

1 lb. ground beef
1 pkg. Tater Tots
1 med. can green beans
1 can cream of chicken soup

Brown ground beef; drain off fat. Place ground beef in bottom of casserole dish. Stir green beans and soup together; pour and spread over ground beef. Spread Tater Tots on the top. Bake at 350° until hot in center and Tater Tots crisp. Yield: 2 generous helpings.

TUNA CASSEROLE

Ruth Book

2 cans tuna
1 (28-oz.) can OR 2 (16-oz.) cans tomatoes with juice OR 2 (16-oz.) cans stewed tomatoes
6 to 8 slices American cheese or grated cheddar cheese
2 c. uncooked noodles

In a 9 x 13-inch pan put noodles first (uncooked), then tuna, then tomatoes with juice. Add water if necessary to almost cover the noodles. Salt and pepper to taste. Top with cheese. Bake at 350° for 30 minutes. Don't worry the noodles will get cooked.

CONFETTI CASSEROLE

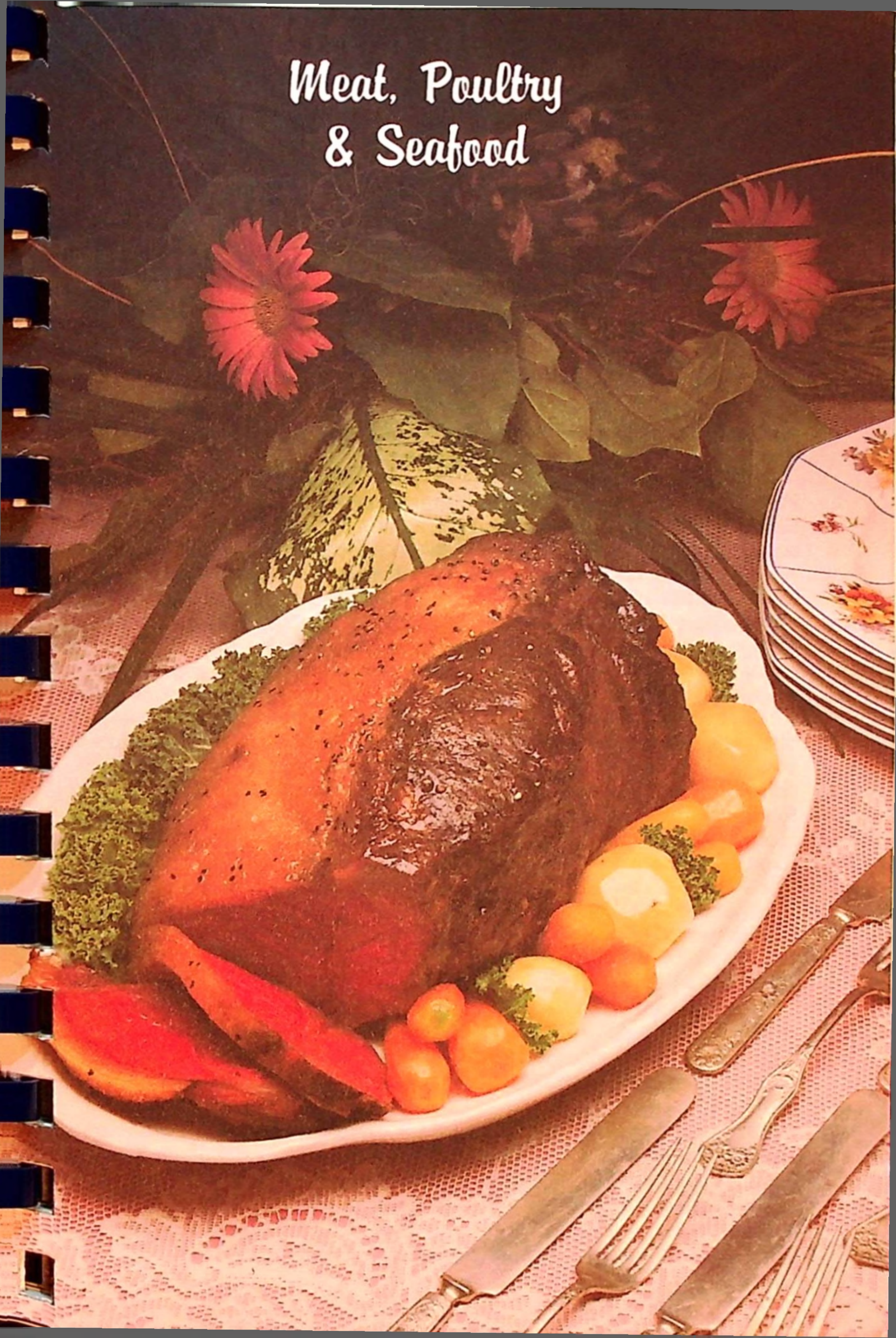
Elizabeth Dye

2 lbs. ground beef
1/2 c. chopped onion
2 tsp. salt
1/2 tsp. dry mustard
2 T. brown sugar
1 (8-oz.) pkg. cream cheese
2 (8-oz.) cans tomato sauce
2 (10-oz.) pkgs. frozen mixed veg.

Brown beef and onion; add spices, sugar, tomato sauce and cheese. Stir until cheese melts, then add vegetables. Put in casserole and cover with crushed corn chips. Cover and bake at 375° for 40 minutes. Uncover and bake 10 minutes longer.

Recipe Favorites

Meat, Poultry & Seafood



The Healthy Gourmet

Those of you who love to barbecue but don't want to ruin your diets should enjoy our low-calorie barbecue hints.

You may enjoy red meats on occasion, but try to limit yourself to 2-4 servings per week. In order to make these meat treats extra special, do not eat fast-food burgers and sandwiches, but do take the time to make home-cooked dishes that allow you to truly savor the meat. When preparing sauces and marinades for red meats, use little oil, fat, butter or margarine. Fat from the meat will render out during cooking, and will provide plenty of flavor. Certain meats, like ribs, pot roast, sausage and others, can be parboiled before grilling to reduce the fat content.

Do not overcook your meats when barbecuing! Well-done meat and charred foods have been shown to contain cancer-causing agents, and should be stricken from your diet. Pork should be cooked to the well-done stage, but not burned.

When shopping for red meats, buy the leanest cuts you can find. Fat will show up as an opaque white coating, and it can also run through the meat fibers themselves, as marbling. Although much outer fat (the white coating) can be trimmed away, I'm afraid there isn't much to be done about the marbling. Stay away from well-marbled cuts of meat.

If you are trying to lose weight, maintain your weight, or just to reduce your fat intake for health reasons, perhaps you should rethink some of your favorite traditional recipes. Often we can reduce the amount of oil, butter, margarine and/or salt called for in a recipe without much change in taste. You can start by cutting the fat (oil, butter or margarine) called for in a recipe right in half, and, while you're at it, do the same to the amount of salt called for. Of course this trick does not work with deep-fried foods and such. Deep-fried foods are best reserved for special occasions, as rare indulgences! Home from work late with no time for marinating meat...? Pound meat lightly with a mallet or rolling pin. Pierce with a fork and cut into chunks if desired. Sprinkle lightly with meat tenderizer and add marinade. Refrigerate for about 20 minutes, and you will have succulent, tender meat.

HERBAL VINEGARS

Vinegar used to be looked at as something you either mixed with oil for your salads or with water to wash your mirrors and windows. No more! Today, vinegars come in a variety of flavors, from garlic and dill to raspberry and blackberry. What is all the excitement about herbal vinegars?

For one thing, it is a great boost for dieters looking to add flavor without the calories to vegetables and main dishes. For gourmet tastes, check your local grocery for the many vinegars available...use a sweet basil vinegar for marinating fresh sliced tomatoes or add a dash to your tomato juice, tomato soup or vegetable juice cocktail. Also good to sprinkle on leafy greens or fresh vegetables.

MEAT, POULTRY & SEAFOOD

CAJUN BEEF ROAST

Connie Burnett

2 lbs. boneless beef roast
3 T. paprika
1 T. garlic powder
2 tsp. thyme
1/2 tsp. white pepper
1/4 tsp. nutmeg
Cooking oil
1/2 tsp. cayenne pepper
2 tsp. oregano
1/2 tsp. salt
1/2 tsp. cumin

Rub surface of roast lightly with oil. Combine seasoning mixture and rub well over all surfaces of roast. Place in shallow pan and roast in 350° oven for about 1 hour until internal temperature is 155°. Remove from oven. Let stand 5-10 minutes before slicing.

CAJUN PORK ROAST

Connie Burnett

2 lbs. loin pork roast
2 T. paprika
1 T. garlic powder
2 tsp. thyme
1/2 tsp. white pepper
1/4 tsp. nutmeg
Cooking oil
1/2 tsp. cayenne pepper
2 tsp. oregano
1/2 tsp. salt
1/2 tsp. cumin

Rub surface of loin lightly with oil. Combine seasoning mixture and rub well over all surfaces of roast. Place roast in shallow pan; roast in 350° oven for about an hour, until internal temperature is 155°. Remove from oven; let rest 5-10 minutes before slicing.

SALISBURY STEAK

Elizabeth Dye

1 lb. ground beef
1 egg
1/2 c. chopped celery
1/2 med. onion, chopped
Salt and pepper to taste
3/4 c. crushed crackers
1 can mushroom soup
1/2 can water

Combine ground beef, egg, celery, onion, salt, pepper and crackers; shape into six patties. Brown quickly on both sides; place in shallow baking dish. Pour soup and water mixed over top; cover and bake for 30 minutes at 350°.

SOUPER PORK CHOPS

Dorothy K. Hammond

4 pork chops
1 can cream of chicken soup
4 med. potatoes, cut up
4 carrots, sliced
3/4-1 soup can water
Salt
Pepper

Brown pork chops on both sides in shortening. Drain. Add carrots and potatoes. Add the water, salt and pepper. Simmer, covered, 45 minutes or until vegetables are tender.

OVEN BARBECUED SPARERIBS

Connie Burnett

- 4 lbs. spareribs
- 1 c. catsup
- 1/2 c. vinegar
- 2 T. Worcestershire sauce
- 1 tsp. chili powder
- 1 onion grated
- 1 1/4 c. water
- 2 T. brown sugar
- 1/2 tsp. salt
- 1 tsp. mustard

Cut spareribs in serving pieces and place meaty side up, in a single layer large shallow pan. Roast in oven at 450° for 30 minutes. Drain off fat. Mix remaining ingredients; pour over ribs. Reduce oven temperature to 350° and continue roasting one hour.

BEAN BURGER BAKE

Betty Ratzlaff

- 1 lb. ground beef
- 1 (#2) can pork and beans
- 1 T. mustard
- 1 can cond. tomato soup, undiluted
- 1 sm. onion, chopped
- 2 T. brown sugar

Fry ground beef and onion until done. Drain off fat. Mix hamburger mixture and rest of ingredients well. Bake 45 minutes in 400° oven. Take this to a picnic and you'll not have any to bring home!!!!!

N U WAYS

Jo Ann Barb

- 1 lb. ground beef
- 3 T. Cream of Wheat
- 3/4 c. water
- 1/2 c. catsup
- 3 T. mustard
- 3 tsp. sugar
- 1 1/2 tsp. salt
- 2 tsp. vinegar
- 1 1/2 tsp. chili powder
- 1/2 tsp. black pepper

Brown beef; drain fat off. Cook Cream of Wheat and water. Add other ingredients; mix with meat; simmer.

SAUERBRATEN PATTIES

Don Wright

- 1 1/2 lbs. meat loaf mix
- 1 1/2 tsp. salt
- 1/4 c. fine dry bread crumbs
- 1 (10 3/4-oz.) can beef gravy
- 1/2 tsp. ground ginger
- Dash ground cloves
- Lemon slices
- 1 T. butter or margarine
- 1 T. instant minced onion
- 1/4 tsp. pepper
- 1 tsp. lemon rind, grated
- 2 T. wine vinegar
- 1/4 c. brown sugar (packed)
- 1 bay leaf
- Mashed rutabagas and minced parsley (opt.)

Mix lightly meat loaf mix, onions, salt, pepper, bread crumbs, lemon rind and 1/2 cup water. Shape into 6 patties 1/2 inch thick and 4 inches in diameter. Brown slowly on both sides in butter in skillet. Remove patties; pour off fat. Mix beef gravy, vinegar, ginger, brown sugar, cloves and bay leaf in skillet; bring to boil. Add patties, cover; simmer 20 minutes, turning once or twice and basting

(continued)

with sauce. Garnish with lemon slices and serve with rutabagas and minced parsley.

BEEF STEW WITH DUMPLINGS

Mrs. Ambrose Schnewies

1/2 lb. beef
2 sm. onions, chopped
2 T. shortening
1 1/2 c. boiling water
1/2 tsp. salt
1/8 tsp. pepper
1/4 c. catsup
2 potatoes, diced
3 carrots, sliced
1/4 c. sliced celery
1 tsp. Worcestershire sauce

Dumplings:

1 c. sifted flour
1/2 tsp. salt
1 1/2 tsp. baking powder
1/2 tsp. shortening
1 egg, beaten
6 T. milk

Dumplings: Sift flour with salt and baking powder; cut in shortening. Add egg and liquid; blend. **Stew:** Cut beef into 1-inch cubes; brown with onion in hot shortening. Add water, seasonings and catsup; cover and simmer until meat is tender (about one hour). After first 25 minutes, add remaining vegetables; cook until tender. Now drop from tablespoon, dumplings on top of stew; cook, uncovered, for 20 minutes.

BARBECUED MEATBALLS

Cathy Weimer (Bill)

2 lbs. hamburger
1 c. milk
1/4 tsp. pepper
1 sm. onion, chopped
1 tsp. salt
3/4 c. oatmeal

Sauce:

6 T. onion, chopped
1/2 c. water
1 tsp. sugar
1 c. ketchup
3 T. vinegar

Combine hamburger, onion, milk, salt, pepper and oatmeal. Shape into small balls. Brown. Combine sauce ingredients and simmer 30 minutes. Pour over meatballs; bake at 350° for 15 minutes.

MEATBALLS-SOMETHING DIFFERENT (Microwave)

Elizabeth Dye

1 lb. ground beef
1/2 c. bread crumbs (fine)
1/8 tsp. pepper
1/4 c. minced onion or 1 T. instant onion
1 c. dairy sour cream with chives
1/2 c. barbecue sauce or 1/2 c. chili sauce plus 2 T. brown sugar
1 egg
1 tsp. salt
1/4 tsp. paprika

(continued)

Mix all ingredients except sour cream and sauce. Shape into meatballs the size of walnuts. Place balls in ring around outside edge of 9-inch or 10-inch microwaveable pie plate. Mix together sour cream and barbecue sauce (or chili sauce and brown sugar). Pour evenly over top of meatballs. Place in microwave oven and cook 15-17 minutes, giving dish 1/2 turn after 8 minutes. Serve with buttered noodles or spaghetti, if desired. Makes 4-5 servings.

BARBECUED MEATBALLS

Elizabeth Dye

1 1/2 lbs. ground beef, seasoned with salt and pepper

Form into balls and brown on all sides in frying pan. If desired, meat can be crumbled and browned.

Barbecue sauce:

4 T. minced onion
2 c. tomato juice
1/2 c. catsup
1/2 c. sugar
3 T. vinegar
Dash ground cloves
2 T. Worcestershire sauce
1 tsp. salt
1 tsp. paprika
1 tsp. chili powder
1/2 tsp. cinnamon

Combine ingredients. Simmer while preparing balls. When meatballs are brown, place in sauce and simmer 30 minutes. Serve with spaghetti.

SAVORY MEATBALLS

Gertrude Armbruster
Retired Personnel Dept.

1 1/2 lbs. ground beef
3/4 c. rolled oats or bread crumbs
2 eggs
3/4 c. milk
1 pkg. dry Lipton onion soup mix

Mix and shape into balls. Put in crockpot and pour 1 1/2 cups chili sauce, 1 cup grape jelly and 3 teaspoons mustard over the meatballs and cook 3-4 hours.

BARBECUED MEATBALLS

Anna Lee Wiebe

3 lbs. lean ground beef
1/4 c. milk
Salt and pepper
Onion salt
1 egg
1 c. oatmeal or fine bread crumbs
1 pkg. Italian dressing mix

Sauce:

2 1/2 c. ketchup
2 T. vinegar
1 T. Liquid Smoke
Onion flakes or mushrooms (if desired)
1 c. brown sugar
2 T. Worcestershire sauce
1 T. garlic powder

(**Sauce:** Mix and thin with as much water as needed.) Mix top ingredients and form into balls. Brown or cook on 70% power for 10 minutes in microwave. Place in crockpot or skillet; cover with sauce and simmer.

CHINESE CHICKEN SALAD

Connie Burnett

Dressing:

3 1/2 T. soy sauce
2 T. veg. oil
2 T. rice vinegar
1 T. sugar
1/2 tsp. garlic powder
1/2 tsp. pepper and sesame oil

Salad:

3 c. torn lettuce
1 1/2 c. chopped cooked chicken
1 (8-oz.) can water chestnuts
1/2 c. julienne carrots
1/2 c. diagonal sliced green onion
1/4 c. chopped red cabbage
1 (15-oz.) can chow mein noodles

In small bowl, whisk together dressing ingredients; set aside. In large bowl, combine remaining salad ingredients except chow mein noodles. Just before serving, toss salad with dressing and top with chow mein noodles. Makes 4-6 servings.

POULTRY SANDWICH SPREAD

Connie Burnett

Poultry of any kind
1 onion, chopped
2 T. sweet pickle relish
Salt and pepper, to taste
2 hard-cooked eggs, peeled
2 T. sandwich spread
Mayonnaise to moisten

Grind remaining poultry from a meal or desired amount especially in using turkey in a large Tupperware bowl. Smash hard-cooked eggs; add all ingredients together and mix well. Add more mayonnaise, but start out with 2 tablespoons to make sure it's well moistened. Salt and pepper to taste.

CRESCENT CHICKEN

Velma Carlson

3 chicken breasts
4 oz. sharp cheddar cheese
2 (8-oz.) cans refrigerator crescent rolls
1 (10-oz.) can cream of chicken soup
1 soup can milk

Cook chicken breasts in water to cover in saucepan until tender; drain and bone. Tear chicken breasts into 2 1/2 to 3-inch long strips. Cut cheese into 1/4 x 3-inch. Separate dough; roll into triangles. Place several chicken pieces and 2 cheese strips at wide end of each; roll up. Place in lightly-greased 9 x 13-inch baking dish. Pour mixture of soup and milk over top. Bake at 350° for 30 minutes or until light brown and bubbly. Can use mozzarella cheese as half of the cheese measurement. Layer 1 strip cheddar and 1 strip mozzarella.

OVEN-FRIED CORNFLAKE CHICKEN

Connie Burnett

1 (3-lb.) chicken, cut up
4 T. milk
2 tsp. salt
5 T. butter, melted
2 eggs, slightly beaten
2 1/2 c. cornflake crumbs, crushed
1/2 tsp. pepper

Preheat oven to 350°. Wash chicken and pat dry. Mix together eggs and milk. Separately, mix cornflake crumbs, salt and pepper. Dip chicken in milk and egg mixture, then in crumbs, evenly coating each piece. Set in well-greased baking pan. Drizzle with melted butter. Bake, uncovered, for 1 hour in oven.

HOT N SPICY FISH

Connie Burnett

2 T. oil
1/2 c. Italian-style bread crumbs
1/2 tsp. thyme
1 lb. fish fillets
1/2 tsp. hot pepper sauce
1/4 tsp. cayenne pepper
1/2 tsp. oregano

In a small bowl, combine oil and hot pepper sauce; set aside. On a shallow dish or platter, combine bread crumbs, cayenne pepper, thyme and oregano. Lightly brush both sides of fish with oil mixture and then dip into bread crumb mixture; place on a broiler pan. Broil 4-5 inches from heat for 10 minutes or until done. Top with your favorite sauce.

SALMON LOAF

Connie Burnett

1 c. salmon
1/4 tsp. celery salt
1/2 tsp. salt
1 c. milk
1 c. cracker crumbs
1/4 tsp. pepper
2 eggs
2 T. butter, melted

(continued)

Mix ingredients; pour into buttered loaf pan. Bake in moderate oven for 30 minutes.

FISH BATTER

Dick Swisher

2 eggs, separated	**1 c. flour**
1/2 c. beer	**1/2 tsp. seasoned salt**
1/4 c. milk	**1/4 tsp. pepper or to taste**

Beat egg yolks until thick and light. Blend in beer, milk, flour and seasonings. Mix until smooth. Beat egg whites stiff, but not dry. Fold into batter. Pat fish fillets dry; dip into batter a few pieces at a time. Lift out and drain slightly with a fork or slotted spoon. Fry in deep fat heated to 375° for two or three minutes or until golden brown and puffed.

TUNA LEMON LOAF

Everett Berends

3-4 lemon slices	**1/4 c. finely-chopped onion**
2 (6 1/2 or 7-oz.) cans tuna	**1 T. lemon juice**
1 can cream of celery soup	**Dash pepper**
3 egg yolks, slightly beaten	**3 egg whites, stiffly beaten**
1 c. cracker crumbs (fine)	**2 T. snipped parsley**

Place lemon slices in a row in bottom of a very well-greased 8 1/2 x 4 1/2 x 2 1/2-inch loaf pan. Thoroughly combine remaining ingredients except egg whites. Fold in egg whites. Spoon tuna mixture over lemon slices in loaf pan. Bake at 350° for 45 minutes or until center of loaf is firm. Invert on warm serving dish. Garnish with parsley and additional lemon slices.

BARBECUED SHRIMP

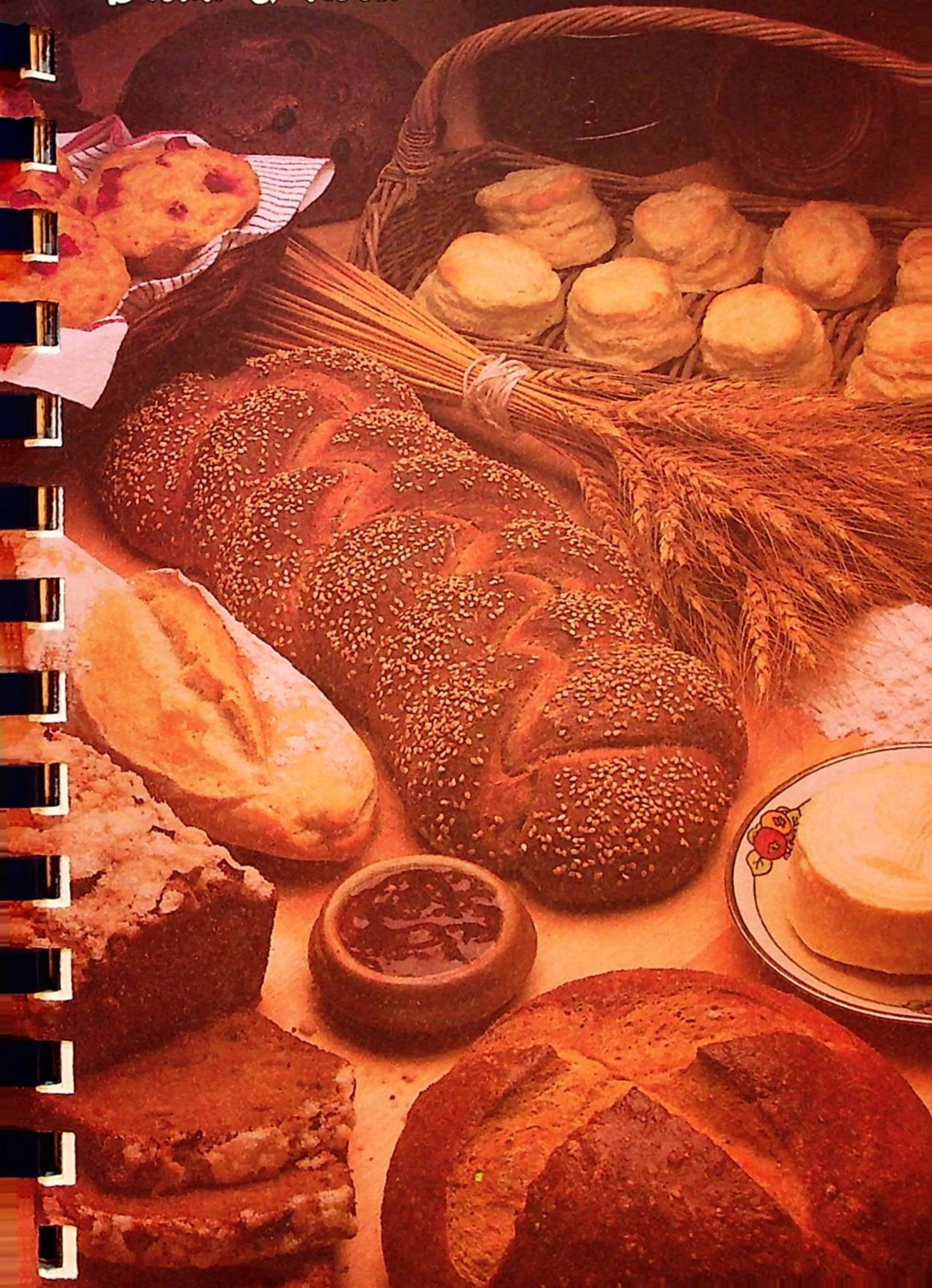
Pam Ziegler

1 lb. med.-sized fresh raw shrimp (in the shells)	**2 tsp. cayenne pepper** **2 oz. margarine**

Preheat oven to 350°. In a 11 x 7 x 2-inch baking pan, spread shrimp to cover the bottom in one layer. Sprinkle evenly with cayenne pepper. Add more pepper for hotter shrimp. Dot shrimp with margarine. Bake in 350° oven for 5 minutes. Stir shrimp thoroughly to coat with margarine. Bake 5 more minutes; remove from oven. Serve hot immediately. Do not overcook or else shrimp will become mushy. Peel at table. Serves 1. Yields 1 pound.

Recipe Favorites

Bread & Rolls



Lovin' From The Oven

Freeze over-ripe bananas with a little lemon juice and use later in breads or cakes.

When bread is baking, a small dish of water in the oven will help to keep the crust from getting too hard.

Use shortening, not oleo or oil to grease pans, especially for bread, as oleo and oil absorb more readily into the dough or batter and do not help to release baked goods from pan.

Use metal ice tray divider to cut biscuits in a hurry. Press into dough and biscuits will separate at dividing lines when baked.

Self-rising flour: 4 cups flour, 2 teaspoons salt and 2 tablespoons baking powder. Mix well and store in tightly covered container.

Hot water kills yeast. One way to tell the correct temperature is to pour some over your forearm and if you cannot feel either hot or cold, the temperature is just right.

When in doubt, always sift flour before measuring.

When cooking in glass pans, reduce oven temperature by 25 degrees.

When milk is used in making bread, you get a finer texture. Water makes a coarser bread.

If bread is browning too quickly, place a pan of water on the rack above it in the oven.

When scalding milk, to prevent scorching, first rinse pan in hot water.

If your biscuits are dry, it could be from too much handling; or, the oven temperature may have not been hot enough.

Nut breads are better if stored 24 hours before using.

To make bread crumbs, toast the heels of bread and put in blender or food processor.

Cracked eggs should only be used in dishes that are thoroughly cooked; they may contain bacteria.

The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them.

INDIAN FRY BREAD

Jessica Pitts (June)

3 c. warm water	**1 pkg. yeast**
1 T. salt	**1/4 c. sugar**
2 1/2 lbs. flour	

Put water and yeast in a large mixing bowl. Let stand for 5 minutes. Mix in salt and sugar. Stir together. Add enough flour to make a nice dough. Knead. Pinch off balls. Flatten; cook in hot oil until golden. Turn to other side and finish cooking. Drain on paper towels. Eat and enjoy.

RAISIN SPICE OATMEAL BREAD

Pam Ziegler

1 1/2 c. flour	**2 eggs, beaten**
1 tsp. baking powder	**1 c. canned applesauce**
1 tsp. soda	**1 c. Quaker Oats**
1 1/2 tsp. salt	**1 c. raisins**
1 tsp. cinnamon	**1/3 c. shortening (melted)**
1/2 tsp. nutmeg	**2/3 c. brown sugar (packed)**

Sift together dry ingredients. Add sugar, eggs and applesauce; beat until well blended. Stir in oats, raisins and shortening. Fill greased loaf pan 1/2 full. Bake at 350° for about 60 minutes. Remove pan immediately; cool. For ease in slicing, wrap cooled bread and store one day.

POPPY SEED BREAD

Elaine Lockwood

3 c. sifted flour	**2 1/4 c. sugar**
1 1/2 heaping tsp. baking soda	**3 eggs**
1 1/2 T. poppy seed	**1 1/2 c. milk**
1 1/2 c. cooking oil	**1 1/2 tsp. butter flavoring**
1 1/2 tsp. almond flavoring	**1 1/2 tsp. vanilla**
1 1/2 tsp. salt	

Put all ingredients into bowl and beat 2 minutes. **Do not overbeat.** Line 2 loaf pans with foil and pour batter in. Bake at 350° for 1 hour. Let cool slightly, then poke holes in bread with fork. Pour glaze over bread.

Glaze:

1/4 c. orange juice (highly concentrated, 1 can orange juice to 1 can water)	**1/2 tsp. butter flavor**
3/4 c. sugar	**1/2 tsp. almond flavor**
	1/2 tsp. vanilla

SAUSAGE BREAD

Elaine Lockwood

- 2 loaves frozen bread, let rise
- 1 lb. bacon, diced
- 1 c. Parmesan cheese
- 1 sm. can chopped black olives
- 1 sm. can sliced mushrooms
- 2 lbs. sausage (I use 1 hot and 1 mild)
- 4 eggs
- 1 bunch green onions, chopped

Brown sausage, bacon and onions. Drain well. Let cool. Stir one egg at a time into sausage mixture. Add olives and mushrooms. Roll out raised dough; spread sausage mixture on dough. Sprinkle with Parmesan cheese and roll as one would French bread. Let set to rise. Bake on greased cookie sheet at 350°, until golden brown. Freezes well. Refrigerate between servings.

SOPAPILLAS

Pam Ziegler

- 4 c. flour, sifted
- 1 tsp. baking powder
- 1 T. shortening
- 1/4 c. warm water
- 1 1/2 tsp. salt
- 1 T. sugar
- 1 cake yeast or 1 pkg.
- 1 1/4 c. milk, scalded

Combine dry ingredients; cut in shortening. Add this to scalded milk, cooled to room temperature. Make a well in the center of the dry ingredients. Add the liquid to the dry ingredients; work into dough. Knead the dough 15-20 times and set it aside for about 10 minutes. Roll dough into 1/4-inch thickness or thinner, then cut into triangles and fry in melted shortening at 425°. Fry only a few at a time so the fat stays hot.

MONKEY BREAD

Mary Goodpaster

- 4 cans biscuits
- 1 c. white sugar
- 2/3 tsp. cinnamon

Cut biscuits in one-fourths. Place sugar mixture in plastic bag and coat biscuits, a few at a time. Butter bundt pan well clear to top. Place 1 1/2 sticks oleo, 1 cup brown sugar and 1 teaspoon cinnamon in pan and melt oleo; simmer 2 minutes. Pour hot over biscuits. Bake 40 minutes at 350°.

SQUAW BREAD

Joyce Ensminger

- 2 c. flour
- 2 tsp. soda
- 1 tsp. vanilla
- 1 lg. can sliced peaches, drained
- 1 c. nuts
- 2 c. sugar
- 1/4 tsp. salt
- 2 eggs
- 1/2 c. brown sugar

Combine sugar, flour, soda and salt. Add vanilla, eggs and sliced peaches. Mix all ingredients until moist. Put in 2 large loaf pans or 2 small cake pans. Sprinkle nuts and brown sugar on mixture. Bake at 350° for 50 minutes.

PUMPKIN BREAD

June Ford

1 c. shortening
3 eggs
1 (#303) can pumpkin
2½ c. sugar
3½ c. flour
½ tsp. baking powder
1 tsp. soda
1 tsp. cinnamon
1 tsp. nutmeg
1 tsp. allspice
1 tsp. cloves
½ c. chopped nuts

Mix shortening, eggs and pumpkin in separate bowl. Combine dry ingredients; add to pumpkin mixture and blend well. Add nuts and stir. Pour into two greased and floured loaf pans. Bake at 350° for one hour. Let cool before removing from pans.

ZUCCHINI NUT BREAD

Mary Alexander

2 c. sugar
1 tsp. baking soda
½ tsp. cloves
3 c. grated zucchini
3 eggs
3 c. flour
1 tsp. cinnamon
1 tsp. salt
1 c. oil

Combine all ingredients and pour into 2 loaf pans. Bake at 350° for 45 minutes to 1 hour.

ZUCCHINI BREAD

Connie Burnett

3 eggs
1½ c. sugar
½ c. chopped nuts
3 tsp. vanilla
1 tsp. salt
2 c. peeled, grated zucchini
1 c. cooking oil
2 tsp. cinnamon
¼ tsp. baking powder
3 c. flour
1 tsp. soda

Beat eggs until light and foamy. Add oil, sugar, zucchini and vanilla. Add flour, salt, soda, cinnamon and baking powder. Mix until blended. Add nuts. Divide into 2 loaf pans. Bake 1 hour at 325°.

ZUCCHINI PINEAPPLE CAKE OR BREAD

Darrell Drake

3 eggs
3 c. flour
½ c. nuts
1 c. oil
2 c. zucchini (grated
1 (8-oz) can pineapple, crushed
2 tsp. vanilla
1 tsp. baking powder
3 tsp. cinnamon
2 c. sugar
1 tsp. soda

Beat eggs until light and foamy. Add sugar, oil, vanilla and zucchini. Mix well. Combine dry ingredients and add to liquid mixture. Add pineapple which has been drained; add nuts. Grease pans well or use a spray. Bake 45 minutes at 350°. May use 3 coffee cans, 1-pound size or 2 bread pans.

BANANA BREAD

Mrs. Ambrose Schneweis

- 1 c. sugar
- 1/2 c. shortening
- 2 eggs
- 3 lg. bananas
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1 c. flour
- 1 tsp. vanilla
- 1/2 c. chopped pecans

Sift together flour, salt and soda. Cream shortening, sugar and eggs, one at a time. Add bananas and dry ingredients all at once; nuts and vanilla last. Makes one loaf. Bake at 350° for 55 minutes.

BANANA BREAD

Rex E. Nickel

- 1 1/2 c. sugar
- 1/2 c. shortening (scant)
- 2 eggs
- 1 c. (3 med.) bananas
- 2 c. flour
- 1 tsp. soda
- 1 tsp. vanilla
- 1 c. sour milk

Cream sugar and shortening. Add eggs, bananas and sour milk. Mix well; add flour, soda and vanilla. Bake at 325° for 1 hour in large pan. If small pan, bake less time. Add nuts, if you wish.

OATMEAL MUFFINS

Pam Ziegler

- 1 c. or 2 pkgs. instant oatmeal, any flavor
- 1 c. milk
- 1/3 c. sugar
- 1/2 tsp. salt
- 1/4 c. salad oil
- 1 c. flour
- 3 tsp. baking powder
- 1 well-beaten egg

Combine oatmeal and milk; let stand 15 minutes. Sift flour, sugar, baking powder and salt into bowl. Combine egg, oil and oatmeal mixture. Add all at once to sifted dry ingredients, stirring just to moisten. Fill greased muffin pans 2/3 full. Bake at 425°. Makes 1 dozen.

APPLESAUCE BRAN MUFFINS

Pam Ziegler

- 1 1/4 c. all-purpose flour
- 1/4 tsp. salt
- 1 c. whole bran cereal
- 1/3 c. milk
- 1/4 c. butter, melted
- 3 tsp. baking powder
- 2 T. sugar
- 1 lg. egg
- 2/3 c. applesauce

Stir together flour, baking powder, salt, sugar and bran cereal. In another bowl beat egg well and then add milk, applesauce and melted butter. Mix the egg mixture and flour mixture just until they are well blended. Divide the batter among 12 greased muffin tin cups. Each cup should be about 2/3 full. Bake at 400° for about 20 minutes. You can test to see if the muffins are done by sticking a toothpick into center. If not done, bake about 5 minutes more.

YEAST BREAD FOR PIZZA

Sue Ensminger

1 cake or pkg. yeast
1 c. milk
1 T. sugar
3 c. sifted flour
¹/₄ c. warm water
1¹/₂ T. shortening
1 tsp. salt
Extra shortening and flour

Soften the yeast in the warm water. Scald milk; add shortening, salt and sugar. Cool to lukewarm. Combine yeast with milk in a large bowl. Add enough flour to make a stiff dough; mix thoroughly and turn out on a floured board. Knead 5-10 minutes. Keep dough soft. Place the dough in a greased bowl. Brush top with shortening. Cover with waxed paper and towel. Allow to rise in a warm place to double in size. Punch down with fist. Fold over so smooth side is on top; cover and let rise again. Turn out on board. Divide in half; cover with bowl and allow to rest 10 minutes.

SWEET ROLL DOUGH

Mary Alexander

3 cans evap. milk
4 pkgs. yeast
2 c. sugar
1¹/₂ c. liquid shortening
2 cans water
8 egg yolks
1¹/₂ tsp. salt

Dissolve yeast in 2 cans of warm water. Now mix all the ingredients and add enough flour to make a soft dough. Let rise to double its size. Knead down and let rise again. It is now ready to use.

PUMPKIN ROLL

Joyce Ensminger

2 eggs
¹/₂ can pumpkin
³/₄ c. flour
2 tsp. cinnamon
¹/₂ tsp. nutmeg
1 c. sugar
1 tsp. lemon juice
1 tsp. baking powder
1 tsp. ginger
Dash of salt

Filling:

8-oz. pkg. cream cheese
1¹/₂ c. powdered sugar
1 tsp. vanilla
4 T. oleo
1 c. chopped nuts

(**Important**: Beat eggs 5 minutes.) Gradually beat in sugar. Stir in pumpkin and lemon juice. Fold in dry ingredients; spread in a greased and floured cookie sheet. Bake for 15 minutes at 375°. Loosen the edges and turn out immediately on a towel that has been generously sprinkled with powdered sugar. Start at the end; roll towel and cake together. Let cool and unroll. Mix filling; spread on cake. Roll up and chill. Let cream cheese and oleo soften at room temperature or melt oleo and pour over cream cheese. Mix rest of ingredients.

DATE NUT ROLL

June Ford

2 c. sugar
1 tsp. butter
1 c. nuts, chopped fine
1 c. milk
1 pkg. dates, chopped fine

Add sugar, milk and butter in saucepan. Cook to form soft ball. Add chopped dates and nuts. Take off stove; beat until you can't any longer. Pour on cold damp cloth and shape in rolls. Cool; slice.

NO-KNEAD CINNAMON ROLLS

Bob Simmons

1/2 c. scalded milk
3 T. shortening
3 T. sugar
1 1/2 tsp. salt

Combine above ingredients. Cool to lukewarm by adding 1/4 cup cold water. Add 1 cake of yeast which has been dissolved in 1/4 cup warm water. Mix well. Blend in 1 beaten egg; add gradually 3 1/4 cups sifted flour; mix thoroughly. Cover; let stand 15 minutes. Roll out on floured board to 15 x 12-inch . Spread with 2 tablespoons melted butter, 1/4 cup sugar and 1 teaspoon cinnamon. Roll as for jellyroll and cut into 1-inch slices. Place in greased 12 x 8-inch pan or muffin pans. Let rise in warm place 1 hour. Bake in 375° (moderate) oven for 20-25 minutes. If preferred, brown sugar and butter may be used in bottom of pans.

EASY CINNAMON ROLLS

Connie Burnett

1 loaf frozen bread
1/2 c. brown sugar
1/2 c. raisins
1 stick margarine, softened
2 T. cinnamon

When bread is thawed so it can be handled, roll out to one-half inch thick. Spread with softened margarine. Cover with raisins and brown sugar. Sprinkle with cinnamon. Make into a roll; cut into slices about 1 inch thick. Place on greased baking pan. Let rise until double in height. Bake 12-15 minutes at 375°. **Icing:** Heat 1 tablespoon milk with 2 teaspoons margarine. Add 1/2 powdered sugar and vanilla. Blend and frost rolls while still warm by spooning over top.

Pies, Pastry & Desserts

Woman's Work is Never Done....

DO stalk the ants in your pantry, and seal off cracks where they are entering with putty or petroleum jelly. Try sprinkling red pepper on floors and counter tops.

ROACH POISON: Sprinkle or dust it (using a narrow-spouted plastic squeeze bottle) into moldings and crevices. This kills them slowly (6 days or longer) but surely. They will not develop a resistance to it. Boric acid is not absorbed by your skin or inhaled, but it is poisonous if eaten. Use 2 parts flour, 1 part boric acid powder, and ½ part sugar. Mix well or sift.

REFINISH ANTIQUES OR REVITILIZE WOOD: Use equal parts of: linseed oil, white vinegar, and turpentine. Rub into furniture (or wood) with soft cloth and lots of elbow grease.

Rub wax along sliding doors, windows, wooden drawers that stick for ease in sliding.

A simple polish for copper bottom cookware is: equal portions of flour and salt made into a paste with vinegar. Keep in refrigerator.

Anti-freeze poured into the metal slide on your glass door helps prevent ice from forming.

Fabric softener sheets: cut 8-inch squares of pellon and dip in solution of half water, half liquid fabric softener and squeeze out. Reuseable, just dip again.

Iron cleaner: baking soda on a damp sponge will remove starch deposits. (Cold iron.)

Washing soda in the wash will remove stale odors. Baking soda can be used but is expensive.

An old toothbrush is handy for cleaning beaters, graters, etc.

To clean Teflon: combine 1 cup water, 2 tablespoons baking soda, ½ cup liquid bleach and boil in stained pan for 5-10 minutes or till stain disappears. Wash, rinse and dry, condition with oil before using pan again.

A little instant coffee will work wonders on your furniture. Just make a thick paste of your favorite instant and a little water, and rub it into the nicks and scratches on your dark wook furniture. You'll be overjoyed at how new and beautiful those pieces will look.

PIES, PASTRY & DESSERTS

FOOLPROOF PIE CRUST

Darrell Drake

4 c. flour
1 T. sugar
1 T. vinegar
1/2 c. water
1 3/4 c. shortening
2 tsp. salt
1 egg

Mix flour, vegetable shortening, sugar and salt together. Beat remaining ingredients. Combine the 2 mixtures, stirring with a fork until all ingredients are moistened. With hands mold in ball; chill at least 15 minutes.

NO-CRUST OZARK APPLE PIE

Betty Ratzlaff

1 egg
1/4 c. flour
1/4 tsp. salt
1 c. chopped apples
3/4 c. sugar
1 tsp. baking powder
1/2 c. chopped nuts

Beat together egg and sugar. Add remaining ingredients. Bake in greased pie pan 20-30 minutes at 350°. Serve fresh with whipped cream or ice cream. Quick, easy, good!!!!

PRALINE-PHILLY PIE

Dottie Sosnoski

2 (8-oz.) pkgs. cream cheese, softened
3/4 c. packed brown sugar
2 eggs
9-in. graham cracker crust
Pecan halves
1 tsp. vanilla
1/2 c. chopped pecans
Maple sugar

Combine softened cream cheese with sugar and vanilla. Blend well. Add eggs, one at a time, and mix well after each addition. Fold in nuts. Pour into crust. Bake at 325° for 35 minutes. Cool. Brush with syrup and top with pecan halves.

FANTASY FREEZE PIE

Venus (Merle) Hensley

1 (8-oz.) pkg. cream cheese
1 (7-oz.) jar marshmallow creme
2 c. lime, orange or raspberry sherbet, softened
1 (9-in.) baked pie shell
2 c. whipped topping
1/2 c. chopped nuts

Combine cream cheese and marshmallow creme, mixing with electric mixer until well blended. Add sherbet and mix well. Fold in whipped topping and nuts. Freeze until firm. Yield: 6-8 servings. This can be made several days ahead.

BUTTERMILK PIE

Jane McQueen

3 c. sugar
6 T. flour
$1\frac{1}{2}$ c. buttermilk
5 eggs
1 stick oleo
1 T. vanilla

Mix sugar, flour and half of buttermilk; add beaten eggs. Add remainder of milk; fold in melted oleo and vanilla. Pour into unbaked pie crust and bake at 425° for 10 minutes. Reduce heat to 350° and bake until knife comes out clean. Makes two pies.

LEMONADE PIE

Kathy Diel

1 can sweetened cond. milk
1 sm. can frozen lemonade
(partly thawed)
1 lg. container whipped topping
Graham cracker crust

Stir together and put in graham cracker crust. Sprinkle graham cracker crumbs on top. Refrigerate.

CUSTARD PIE

Verla Bookless

3 lg. eggs (or 6 egg yolks)
$\frac{1}{4}$ tsp. nutmeg
$\frac{1}{2}$ c. sugar
$\frac{1}{2}$ tsp. salt
$2\frac{2}{3}$ c. milk

Beat the eggs slightly. Beat in sugar, salt, nutmeg and milk. Pour into the chilled pastry-lined pan. Bake about 40 minutes. (Or until a silver knife inserted into side of filling comes out clean. Center is soft, but will set later.) Heat oven (450°) for first 15 minutes. Reduce to 350° to finish baking.

KARO PECAN PIE

Carlene Poe (Don)

2 eggs, beaten
1 c. Karo syrup (Blue Label)
$\frac{1}{8}$ tsp. salt
1 c. pecans
1 tsp. vanilla
1 c. sugar
2 T. melted butter

Mix all ingredients adding the pecans last. Fill 9-inch shell; bake at 400° for 15 minutes. Reduce heat to 350° and bake 30 minutes longer or until knife inserted comes out clean. (I use 1 heaping tablespoon honey to the remaining portion of Karo syrup.)

RHUBARB PIE

Bob Simmons

2 eggs
1 tsp. vanilla
4 c. rhubarb, thin sliced
1 c. sugar
2 T. salad oil
$\frac{1}{4}$ tsp. salt
2 c. boiling water
2 T. flour
1 (9-in.) unbaked pie crust

(continued)

Pour boiling water over rhubarb; set aside. Combine remaining ingredients; blend. Drain rhubarb and place in unbaked pie shell. Pour custard over rhubarb and top with crumb topping.

Crumb Topping:

1 c. sugar
1/2 c. flour
1/2 c. butter

Combine and mix into crumbs. Sprinkle over custard. Bake for 15 minutes at 400°; reduce heat to 325° and bake for 30 minutes.

RHUBARB PIE

Connie Burnett

2 eggs
1/4 c. flour
Butter
2 T. cornstarch
1 2/3 c. sugar
1/4 tsp. salt
1 recipe pastry (2-crust)
Cinnamon

Beat eggs until very light and stir in sugar, flour and salt mixed together. Stir in rhubarb and arrange in pastry-lined 9-inch pan. Dot with butter; sprinkle with cinnamon. Top with strips of pastry in lattice design. Bake in 450° oven 10 minutes; reduce heat to 375° and bake until rhubarb is tender (about 30 minutes.)

PEACH CRUMBLE

Juanita Jacobs
Retired

4 c. sliced peaches
3/4 c. brown sugar
1 c. graham cracker crumbs
3/4 tsp. cinnamon
3/4 tsp. nutmeg
1/3 c. soft butter

Pour peaches and brown sugar into an 8 x 8-inch square pan and mix. In a bowl, mix together other ingredients and sprinkle over the top of the peaches. Bake at 375° for 30-35 minutes. Serve with ice cream.

SOUR CREAM COFFEE CAKE

Karin Roubideaux

Cream:

2 c. sugar
2 eggs
1 c. margarine

Add:

1 c. sour cream
1/4 tsp. vanilla
2 c. flour
1 tsp. baking powder

Pour 1/2 batter in bundt or tube pan. Mix 2 tablespoons brown sugar, 1/2 teaspoon cinnamon and 1/2 cup nuts. Pour mix over batter; add rest of batter. Bake in 350° oven for 50-55 minutes.

CHERRY CRISP

Connie Burnett

2 1/2 c. sour cherries
1 tsp. butter
1 tsp. baking powder
1/2 c. sugar
1/2 c. or 1 c. sugar
1 c. sifted flour
1/4 tsp. salt
1/2 c. milk

Add sugar to cherries and heat to boiling. Add butter and remove from fire. Sift flour with baking powder, salt and remaining half cup of sugar into a bowl; add milk and beat; thoroughly mix. Pour into well-greased 8-inch square pan; top with fruit mixture; bake in moderate oven at 375°, about 30 minutes. Cut into squares and serve with ice cream or whipped cream.

APPLE CRISP

Mrs. Ambrose Schnewies

6 c. sliced apples
1 c. sifted flour
1 c. sugar
1/3 c. melted and cooled butter
1/2 tsp. cinnamon
1 tsp. baking powder
3/4 tsp. salt
1 unbeaten egg

Place in greased 8 x 10-inch baking dish 6 cups sliced apples. Mix together with fork until crumbly and sprinkle on apples: 1 cup sifted flour, 1 cup sugar, 1 teaspoon baking powder, 3/4 teaspoon salt and egg. Pour melted shortening over all and sprinkle with cinnamon. Bake 35 minutes in 350° oven. Serve with whipped cream.

RHUBARB CRUNCH

Connie Burnett

4 c. chopped rhubarb
1/4 c. water
1 tsp. baking powder
2 eggs
1/4 c. nuts
1 1/2 c. sugar
1 c. flour
Pinch salt
1 tsp. vanilla

Place rhubarb in a 9 x 12-inch glass or granite baking pan; sprinkle with 1/2 cup sugar and water. Sift flour with remaining sugar, baking powder and salt; add eggs and vanilla. Beat well; spoon over rhubarb. Sprinkle nuts on top. Bake at 450° for 10 minutes. Reduce temperature to 400° for 20 minutes longer.

PEACH COBBLER

Connie Burnett

3 (16-oz.) cans sliced peaches, drained
1 1/2 c. flour
2 tsp. baking powder
1/2 c. butter, softened
1/2 c. milk
1/8 tsp. nutmeg
1/4 c. sugar
1/2 tsp. salt
1 egg

Grease 13 x 9-inch pan. Place peaches in bottom of pan and sprinkle with nutmeg. Sift together flour, sugar, baking powder and salt; set aside. Combine butter, eggs and milk; stir in sifted dry ingredi-

(continued)

ents. Mix well. Spoon batter evenly over peaches. Bake at 400° for 30 minutes. Serve warm or cold with ice cream or whipped cream.

APPLE COBBLER

Gloria Gehring

4 c. apples, cored and chopped
Cinnamon
Nutmeg
1/4 c. butter or margarine
3/4 c. sugar
1 c. flour, sifted
1 tsp. baking powder
1/4 tsp. salt
1/2 c. milk

Topping:

1/3 c. sugar
1 T. cornstarch
1/4 tsp. salt
1 c. boiling water

Place the prepared apples into an 8-inch square Pyrex pan. Sprinkle lightly with the spices. Cream butter and sugar together. Mix flour, baking powder and salt together; add to creamed mixture alternately with milk. Pour batter over apples. Combine the sugar, cornstarch and salt; sprinkle over batter. Pour the boiling water over all. Bake 60 minutes at 350°. Serve with topping.

4-LAYER PUDDING DESSERT

Dottie Sosnoski
Phyllis Spence

Into a 9 x 13-in. pan, pat in the following mixture:

1 c. flour
1 stick melted oleo
1/2 c. chopped pecans

Bake in preheated oven (350°) for about 15 minutes. Cool. Mix:

1 (8-oz.) pkg. cream cheese
1 c. powdered sugar
1 c. thawed Cool Whip

Spread over flour mixture. Mix:

2 pkgs. instant pudding mix
3 c. milk

Pour over rest of mixture. Top with 1 cup of Cool Whip.

SWEET CHERRY MOLD

Jaunita Jacobs
Retired

1 c. hot water
1 c. heavy cream
16 oz. (family size) pkg. cherry-flavored gelatin
1 (No. 2 1/2) can pitted Bing cherry
1 (14-oz.) can crushed or chunk pineapple
1 (3-oz.) pkg. cream cheese, room temp.
1 c. cold water

Put gelatin in bowl; add hot water and stir until gelatin dissolves. Add cold water. Drain cherries and pineapple. Add juices from both to the gelatin. Arrange fruit in the bottom of a 1 1/2-quart ring

(continued)

mold or individual molds. When gelatin is slightly jelled, pour half over the fruit in mold. Chill. Whip heavy cream until soft peaks form and add cream cheese. Whip until well blended and fluffy. Gently stir remaining gelatin into this mixture and pour it over the chilled gelatin in the mold. Chill several hours until firm. Serves 8.

COUNTRY-STYLE VANILLA ICE CREAM

Connie Burnett

4 eggs	**2 1/2 c. sugar**
4 c. whipping cream	**2 T. vanilla**
1/4 tsp. salt	**Approx. 5 c. milk**

Beat eggs until foamy. Gradually add sugar; beat until thick. Add cream, vanilla and salt; mix thoroughly. Pour into freezer can. Add milk to fill line and stir well. Freeze.

HOMEMADE VANILLA ICE CREAM

Karin Roubideaux

1 qt. milk	**1/4 tsp. salt**
1 qt. half & half cream	**4 eggs, well beaten**
2 1/2 T. cornstarch	**2 T. vanilla**
1 can evap. milk	

Scald milk (half & half add cold later). Mix 1 cup sugar with cornstarch. Beat eggs and add to sugar mix. Add to scalded milk and cook microwave 8 minutes on high until thickened. Cool. Add remaining ingredients and stir until smooth. Add cold milk to fill freezer. Makes 1 gallon.

STRAWBERRY ICE CREAM

Connie Burnett

2 eggs	**1/2 c. sugar**
1 (10-oz.) pkg. frozen strawberries	**2 c. whipping cream**
1 c. half & half	**1 tsp. vanilla**
Dash of salt	**2 to 3 drops red food coloring**

In blender or food processor container, combine eggs, sugar, strawberries and whipping cream; process until smooth. Transfer to 2-quart churn-type ice cream freezer container. Add half & half, vanilla, salt and food coloring; stir to blend. Because strawberries are frozen mixture may freeze more rapidly than other mixtures.

GLORIFIED RICE

Venus (Merle) Hensley

1/2 c. rice	**1 pkg. lemon Jello**
7 c. water	**1 c. pineapple juice**
1/2 tsp. salt	**1/4 c. sugar**
1 env. Dream Whip	

(continued)

Cook rice and 1/4 teaspoon salt in 6 cups of water. Rinse in cold water after cooking. Chill. Dissolve Jello in 1 cup hot water; add pineapple juice, sugar and 1/4 teaspoon salt. Chill until it begins to thicken. Beat 1 minute with beater. Fold in the cooked rice. Whip Dream Whip according to package and fold into mixture. Refrigerate until set. Makes 6 to 8 servings.

APPLE DELIGHT

Connie Burnett

3 c. sliced apples
2 T. butter
1 c. oatmeal
1/2 tsp. soda
1/2 c. melted butter
1/2 c. white sugar
1 tsp. cinnamon
1 c. flour
1/2 c. brown sugar

Mix butter, brown sugar, flour, soda and oatmeal together until crumbly. Nuts may be added to crumbs if desired. Alternate layers of sliced apples, sweetened and dotted with butter with layers of crumbs. Bake at 350° in oven until apples are tender.

PEACH ISLAND

Connie Burnett

2 eggs
1/8 tsp. salt
1/4 tsp. vanilla
2 T. sugar
1 c. hot milk
6 peach halves

Beat egg yolks with sugar and salt; add hot milk and cook in double boiler until thick. Cool and add vanilla. Fold in the stiffly-beaten egg whites. Place peaches in serving dish; pour custard over and sprinkle with coconut.

HOT FUDGE PUDDING

Elizabeth Dye

1 c. sifted flour
1/4 tsp. salt
2 T. cocoa
1 c. chopped nuts
1 c. brown sugar
1 3/4 c. hot water
2 tsp. baking soda
3/4 c. sugar
1/2 c. milk
2 T. salad oil
1/4 c. cocoa

Blend in bowl: flour, baking soda, salt, sugar, 2 tablespoons cocoa. Stir in milk, salad oil and chopped nuts. Spread in 9 x 9-inch pan. In a small bowl blend brown sugar and cocoa. Sprinkle over batter. Pour over all the hot water. Bake 45 minutes in 350° oven. Serve warm or cold with milk or cream.

WAFER DELIGHT

Karin Roubideaux

30 vanilla wafers or graham crackers
1 c. sugar
3 T. lemon juice
4 eggs
1 T. Knox gelatine
1/2 c. cold water

(continued)

Line a 9-inch square pan with 15 rolled wafers. Beat 4 egg yolks. Add 1/2 cup sugar and 1/2 teaspoon salt. Beat again and add 3 tablespoons lemon juice. Cook in top of double boiler from 5 to 8 minutes. Dissolve 1 tablespoon gelatine in 1/2 cup cold water. Add this to first mixture while cooking. Remove from fire. Beat egg whites until stiff. Add 1/2 cup sugar. Fold cooked custard into egg whites. Put into lined pan and cover with 15 more rolled wafers. Chill.

LEMON CUSTARD SQUARES

Karin Roubideaux

Blend together and let stand until thick:

1/2 c. lemon juice
1 tsp. lemon rind
1 can cond. milk (sweetened)

Cream together 3/4 cup butter or margarine and 1 cup brown sugar, pinch of salt. Add 1 1/2 cups flour, 1 teaspoon baking powder and 1 cup uncooked oatmeal. Pat about 2/3 of the mixture into an 8 x 12-inch pan. Spread the lemon mixture over this. Crumble the remaining dough over the top. Bake 25 minutes in a 350° oven. Cool and cut into squares.

STRAWBERRY SUPREME

June Ford

1 c. flour
1 T. sugar
1/2 c. oleo, melted
1/2 c. pecans
30 lg. marshmallows
2 (10-oz.) pkgs. frozen strawberries
2/3 c. hot milk
1 pt. Cool Whip
2 c. boiling water
1 lg. box strawberry Jello

Combine flour, sugar, oleo and pecans. Pat into 13 x 9-inch pan. Bake 15 minutes at 350°. Cool. Melt marshmallows in milk. Cool. Add Cool Whip and spread over crust. Dissolve Jello in hot water; add strawberries. Stir. Let set at room temperature about 30 minutes. Spread carefully over marshmallows. Chill until ready to serve.

CRANBERRY MOUSE

Venus (Merle) Hensley

1 (20-oz.) can crushed pineapple in juice
1 (6-oz.) can strawberry gelatin
1 c. water
1 (1-lb.) can whole berry cranberry sauce
1/2 c. chopped pecans
3 T. lemon juice
1 tsp. lemon peel, grated
1/4 tsp. nutmeg
2 c. dairy sour cream

Drain pineapple well, reserving all juice. Add juice to gelatin in a 2-quart saucepan. Stir in water. Heat to boiling, stirring to dissolve gelatin. Remove from heat. Blend in cranberry sauce. Add lemon

(continued)

juice, peel and nutmeg. Chill until mixture thickens slightly. Blend sour cream into gelatin mixture. Fold in pineapple and pecans. Pour into a 2-quart mold. Chill until firm. Unmold onto serving plate. Serves 8.

RAGGEDY ANN BARS

Karin Roubideaux

1/4 c. shortening
1/4 tsp. salt
1 c. enriched flour
1 c. brown sugar
2 well-beaten eggs
1/4 tsp. salt
1 tsp. vanilla
1 c. Rice Krispies
1 c. nuts
1 c. coconut

Cream shortening, salt and brown sugar. Cut creamed mixture into flour. Press into pan. Bake at 350° for 15 minutes. Add 1 cup sugar to eggs. Beat until fluffy. Mix in remaining ingredients. Continue to bake 35 minutes. Cut while warm.

APPLESAUCE COFFEE CAKE

Rosie Sandoval

Dry ingredients in lg. bowl:

3 c. flour
2 tsp. soda
1/2 tsp. nutmeg, cloves, cinnamon
2 c. sugar
1 tsp. salt

Mix in 1 cup oleo. Take out 3/4 cup for topping. Add 1 cup buttermilk, 1 cup applesauce, 1 teaspoon vanilla, 1 1/2 cups pecans. Add 1/2 cup of pecans to 3/4 cup of topping. Sprinkle topping over batter before baking. (If no buttermilk, add 1 tablespoon vinegar to 1 cup milk.) Bake at 350° for 35 to 45 minutes in large oblong dish.

PISTACHIO DESSERT

Pam Simmons

1 (9-oz.) ctn. Cool Whip
1 box instant pistachio pudding
1 sm. can crushed pineapple and juice
1 c. min. marshmallows
1/2 c. chopped walnuts

Fold dry pudding into Cool Whip. Add remaining ingredients. Refrigerate.

ORANGE SHERBET

Connie Burnett

1 1/2 tsp. gelatin
2 c. orange juice
1 egg white
2 T. water
2/3 c. sugar

Soften gelatin in water. Heat half cup of orange juice; add gelatin and stir until dissolved. Add sugar (except 2 tablespoons) to gelatin mixture and stir until dissolved. Add remaining orange juice;

(continued)

mix well and pour into freezing tray. Freeze until firm but not hard. Beat egg whites until stiff; add remaining 2 tablespoons of sugar and beat until blended. Add frozen mix to egg whites and beat until blended. Freeze until firm. Makes 1 1/2 pints.

CHEESECAKE

Robin Deming

1 box yellow cake mix
1 egg
1 stick oleo
1 box powdered sugar
1 (8-oz.) pkg. cream cheese
2 eggs

Combine cake mix, egg and oleo; press into 8 x 11 x 2-inch lightly-buttered cake pan. Mix powdered sugar, cream cheese and eggs; pour over pressed mixture. Bake at 350° for 30 to 35 minutes. (Should be golden brown.)

CHOCOLATE SWIRL COFFEE CAKE

Joyce Ensminger

1/3 c. flaked coconut
1/4 c. sugar
2 c. buttermilk baking mix
1/4 c. sugar
3/4 c. milk
1/4 c. chopped nuts
3 T. butter or margarine
1 egg
1/3 c. semi-sweet choc. pcs., melted

Grease square 8 x 8 x 2-inch pan. Stir together coconut, nuts, 1/4 cup sugar and 1 tablespoon melted; set aside. Mix buttermilk baking mix, 1/4 cup sugar, remaining melted butter, the egg and milk. Beat vigorously 1/2 minute. Pour into pan. Spoon chocolate over batter; with knife cut through batter several times for marble effect. Sprinkle coconut mixture evenly over top. Bake at 400° for 20 to 25 minutes. Serve warm.

PUMPKIN PIE CAKE

June Ford

1 pkg. yellow cake mix
1 egg
1/2 c. margarine, melted

Reserve 1 cup cake mix for topping. Mix together and pat into 9 x 13-inch pan as crust. Mix in separate bowl:

3 c. pumpkin pie mix
2 eggs
2/3 c. evap. milk

Pour over crust.

Topping:

1 c. cake mix
1/4 c. sugar
1 tsp. cinnamon
1/4 c. oleo

Mix together and spread or sprinkle over top of filling. Bake at 350° for 45 to 50 minutes.

PUMPKIN CHEESECAKE

Pam Ziegler

Graham cracker crust for 1 springform pan or 2 pie pans
1 (20-oz.) can crushed pineapple in juice
1 (16-oz.) can solid pumpkin
1 c. brown sugar
3 eggs, beaten
1 env. unflavored gelatin
2 pkgs. cream cheese, softened
½ c. whipped cream
1 tsp. cinnamon
½ tsp. ginger
1 c. mini marshmallows
1 T. vanilla

Graham cracker crust should cover bottom and 1½ inches of sides of springform pan, bottom and side of pie pans. Bake at 350° for 10 minutes. Drain pineapple, pressing out juice. Reserve ¾ cup juice. Cover pineapple and refrigerate. Combine juice with pumpkin, sugar, eggs, spices and gelatin in saucepan. Cover and simmer gently 30 minutes stirring occasionally. Beat cream cheese and vanilla until fluffy. Gradually beat in warm pumpkin mixture until blended. Pour into prepared pan. Cover and refrigerate overnight. Remove sides from springform pan. Place cheesecake on plate. (Leave cheesecake in pie pans.) Fold pineapple, marshmallows and whipped cream. Spoon on top of cake.

BROWNIES

Danna Neil
Granddaughter of Don Poe

¾ c. margarine
2 sq. unsweetened choc.
1⅓ c. sugar
½ tsp. salt
3 eggs
1 c. flour
1 tsp. baking powder

Melt butter and chocolate, stirring once or twice. Stir sugar into chocolate mixture. Stir in eggs one at a time. Mix well. Add dry ingredients. Pour into greased 13 x 9-inch pan. Bake 25 to 30 minutes at 350°. Sprinkle with powdered sugar when cool.

CAMP BROWNIES

Vicky Stoffer

1 German choc. cake mix
⅓ c. evap. milk
1 stick butter, melted
1 (14-oz.) pkg. caramels
⅓ c. evap. milk
1 (6-oz.) pkg. choc. chips
½ c. nuts

Melt caramels and ⅓ cup evaporated milk; set aside. Mix cake mix, ⅓ cup evaporated milk, 1 stick butter. Pat ½ of that in bottom of 13 x 9-inch greased and floured pan. Bake 6 minutes in 350° oven. Pour melted caramels over. Sprinkle with chocolate chips and nuts. Crumble other half of batter over. Bake 15-18 minutes in 350° oven.

DOUBLE CHOCOLATE BROWNIES

Cathy Weimer (Bill)

3/4 c. flour
1/4 tsp. salt
3/4 c. sugar
1 (12-oz.) pkg. semi-sweet choc. chips (divided)
1 tsp. vanilla
1/2 c. chopped nuts
1/4 tsp. soda
1/3 c. butter
2 T. water
2 eggs

Preheat oven to 325°. In a small bowl combine flour, baking soda and salt; set aside. In small saucepan combine butter, sugar and water. Bring to a boil, then remove from heat. Add 1 cup chocolate chips and vanilla. Stir until morsels melt and mixture is smooth. Transfer to a large bowl. Add eggs, one at a time, beating well after each addition. Gradually blend in flour mixture. Stir in remaining 1 cup chocolate chips and the nuts. Spread in greased 9-inch square pan. Bake 30-35 minutes. Cool completely. Cut into 2 1/4-inch squares. Makes 16 squares.

BROWNIES

Pam Ziegler

1 stick butter or margarine
1 c. sugar
2 eggs
1 T. baking powder
1 c. chopped nuts
2 sq. unsweetened choc.
1 T. vanilla
1/2 c. flour

Preheat the oven to 350°. Melt the butter and chocolate together in a large saucepan over very low heat. Be sure you don't let the butter and chocolate burn. Beat the eggs. Let the chocolate and butter cool a bit; add the beaten eggs and all the other ingredients. Stir together until well blended. Grease an 8-inch square baking pan; pour in the brownie batter. Bake for 20 minutes and place the baking pan on a rack to cool. While the brownies are still warm, cut into squares but don't remove from the pan until cool. They will be too sticky. Sprinkle with a little confectioners' sugar if you like.

GERMAN CHOCOLATE BROWNIES

June Ford

1 box brownie mix
1 c. sugar
1 c. evap. milk
3 egg yolks
1 stick margarine
1 tsp. vanilla
1 1/3 c. coconut
1 c. chopped pecans

Mix sugar, evaporated milk, egg yolks and margarine in saucepan. Cook over medium heat for about 12 minutes. Add vanilla, coconut and pecans. Cook about 2 minutes. Prepare brownie mix from instructions on back of box. Spread about 1/2 of mix in bottom of 13 x 9-inch cake pan. Spread filling mix in middle leaving about 1/2 inch on all sides. Spoon drop remaining mix on top. Bake at 350° for approximately 27 minutes.

FRUIT COMPOTE

Elizabeth Dye

1 sm. can frozen orange juice
1 c. sugar (4 pkgs. Sweet 'n Low)
1 sm. can frozen lemonade
$1\frac{1}{2}$ c. water
1 can crushed pineapple with juice (any size)
1 can mandarin oranges with juice (any size)
1 jar maraschino cherries with juice (any size)
Several bananas, sliced

Mix and freeze. Thaw several hours before serving. Serve while still slightly frozen.

ORANGE "PUDDING JELLO"

Becky Kahmeyer (Lannis)

1 pkg. vanilla tapioca pudding
1 pkg. instant French vanilla pudding
1 pkg. orange Jello

Mix in a saucepan; add 2 cups water and bring to a boil slowly. Cool and add 1 large tub of Cool Whip and 1 can of drained mandarin oranges. Set and serve.

GRAHAM CRACKER DESSERT

Connie Burnett

1 pkg. red gelatin
20 marshmallows
1 c. cubed pineapples
Graham cracker crumbs
1 c. milk
1 c. whipping cream
$\frac{1}{2}$ c. chopped nuts

Use any flavor of red gelatin dessert and prepare according to directions on package. Let stand until set, then cube. Add milk to marshmallows and heat until marshmallows are melted. Cool. Whip cream and fold in cubed gelatin, marshmallow mixture, pineapple and nuts. Line pan with cracker crumbs; pour in filling and top with more crumbs. Chill.

STRAWBERRY DESSERT

Sue Neil
Daughter of Don Poe

First layer:

1 c. chopped pecans
$1\frac{1}{2}$ c. crushed pretzels
$\frac{1}{4}$ c. sugar
$\frac{3}{4}$ c. melted butter

Second layer:

8 oz. cream cheese
8 oz. Cool Whip
1 c. sugar

Third layer:

2 c. boiling water
6 oz. strawberry Jello
20 oz. frozen strawberries

(continued)

Mix first layer and press into bottom of 13 x 9-inch pan. Bake 10 minutes at 350°. Cool. Mix second layer and spread on top of first layer. Mix third layer. When partially jelled pour on top. Refrigerate.

CHERRY PIZZA

Jane McQueen

2-crust pie shell recipe	**16 oz. cream cheese**
2 eggs, beaten	**1 c. sugar**
1/2 c. nuts, chopped	**2 tsp. vanilla**
Cherry pie filling	**Dessert topping**

Mix pie crust; roll out and place on pizza pie. Bake 10-12 minutes at 400°. Combine cream cheese, eggs, sugar, nuts and vanilla. Spread over baked crust. Bake 10 minutes at 350°. Cool and chill. Spread cherry pie filling over top. Cover with dessert topping. Blueberry pie filling can be used also.

Recipe Favorites

Cakes, Cookies
& Candy

The Children's Hour

Child's Party: Push animal shaped cookie cutters lightly into icing. Fill depressed outlines with chocolate icing. ALSO...Fill ice cream cones (flat bottoms) with cake batter half full and bake. Decorate with icing topped with colored sugar.

To teach a child how to put the right shoe on the right foot, mark or tape the inside of the right shoe only.

SPOON FOR BABY: A tablespoon of your measuring spoons set is ideal for baby to eat soup or cereal with. The short handle and deep scoop helps them to get more into their mouth as they learn to feed themselves.

When you are driving, do your children fuss so that you find yourself turning around to intervene? Here's a way to lessen this potentially dangerous situation. Clip an extra mirror on your dashboard or on the sun visor of the car. That way, you will be able to easily see that action in the back seat, and you can give your instructions without having to keep turning around.

Has your child outgrown his favorite sweater? Don't throw it away. Chances are, it is only the sleeves that are too short. Cut off the sleeves and finish the armholes, and he will have a great sweater vest to wear.

Want an inexpensive way to stretch your baby powder? Mix the baby powder with a box of cornstarch or some baking soda and it will go much further. Both of these materials are safe and will stretch your money, too. Cornstarch is just fine to use alone.

Want a good way to wean your baby from his or her bottle? When the time comes to start weaning your baby from the bottle, take the lid off the bottle and let the baby drink from the "old favorite" bottle, then start using a cup from there. Make sure you start with baby's favorite drinks.

Here's a good way to keep your baby's bottle warm when you go somewhere. After the baby's bottle is warmed, just pop it into a wide mouth thermos that has been "warmed" with hot water. Put on the lid. This will keep the bottle just right.

Remember this simple tip when going to outings. A child in colorful clothes is easier to find. Nothing stands out in a crowd like a toddler in red, purple, or yellow.

Is your baby's high chair a mess? A few minutes in the shower will take care of that and save you a lot of scrubbing.

CAKES, COOKIES AND CANDY

APPLE CAKE

Kay Estep (Don)

- **1 c. oil plus stick of oleo**
- **2 c. sugar**
- **3 c. flour**
- **3 c. chopped or grated apples**
- **1 c. nutmeats**
- **2 beaten eggs**
- **1 1/2 tsp. soda**
- **2 tsp. cinnamon**
- **2 tsp. vanilla**

Mix all ingredients in one large mixing bowl and pour into rectangular cake pan and bake 1 hour at 300°.

RAW APPLE CAKE

Jaunita Jacobs
Retired

- **2 c. unsifted flour**
- **2 c. sugar**
- **2 tsp. soda**
- **1/2 tsp. salt**
- **4 c. unpeeled apples**
- **1/2 c. oil**
- **2 eggs**
- **1 c. nuts**
- **2 tsp. cinnamon**

Stir all ingredients together and bake at a moderate 350° oven for 45 minutes.

- **1 1/2 c. powdered sugar**
- **1/2 tsp. vanilla**
- **3 T. butter**
- **1/8 oz. cream cheese**

Mix ingredients and spread on cooled cake.

APPLE PIE CAKE

Elizabeth Dye

- **1/4 c. margarine**
- **1 egg**
- **1 tsp. vanilla**
- **2 c. chopped apples**
- **1/2 c. nuts**
- **1/2 tsp. salt**
- **3/4 c. sugar**
- **1 c. flour**
- **1 tsp. soda**
- **1 tsp. cinnamon**
- **1/2 tsp. nutmeg**
- **1/8 tsp. cloves**

Melt margarine; add sugar and egg. Blend in flour, soda, apples, vanilla, cinnamon, nuts, salt, nutmeg and cloves. Grease and flour a 9 or 10-inch pie pan. Bake at 350° for 40 or 45 minutes or until top springs back. Serve warm or cold with whipped cream or ice cream.

APPLE CAKE

Dorothy K. Hammond

- **1/2 c. butter, melted**
- **1 c. sugar**
- **1 egg**
- **1/2 c. nutmeats**
- **3 med. or 2 lg. apples**
- **1 c. flour**
- **1/2 tsp. baking powder**
- **1/2 tsp. soda**
- **1/4 tsp. salt**
- **1 tsp. cinnamon**

(continued)

Mix melted butter, egg, sugar and beat well. Stir in pared apples and nutmeats. Mix dry ingredients together. Add to apple mixture. Pour in greased pan and bake at 350° for 40-50 minutes in 9 x 9-inch square pan.

APPLE HARVEST BUNDT CAKE

Elizabeth Dye

1¼ c. flour
1 c. sugar
1 T. cinnamon
2 tsp. baking powder
½ tsp. soda
1 tsp. vanilla
2 c. (2 med.) peeled, finely-chopped apples
¾ to 1 c. chopped nuts
1 c. whole-wheat flour
¾ c. firmly-packed brown sugar
1 tsp. salt
¾ c. cooking oil
3 eggs

Preheat oven to 325°. Generously grease and flour 12-cup fluted tube pan. Lightly spoon flour in measuring cup; level off. In large mixer bowl, blend in all ingredients except apples and nuts until moistened. Beat 3 minutes at medium speed. By hand stir in apples and nuts. Pour into prepared pan. Bake 50 to 60 minutes until toothpick comes out clean. Cool upright in pan 15 minutes; turn onto serving plate. Cool.

Glaze:

½ c. powdered sugar
¼ tsp. vanilla
2 to 3 tsp. milk

In small bowl blend glaze ingredients until smooth; spoon over cake.

BUTTER BRICKLE CAKE

June Ford

1 box butterscotch pudding
2 c. milk
1 box butter brickle cake mix
¾ pkg. butterscotch bits
¾ c. coarsely-chopped nuts
2 eggs

Add milk to pudding mix. Bring to boil. Remove from heat; pour in mixing bowl. Add cake mix; beat until smooth. Add eggs; beat 1 minute. Pour into greased and floured 13 x 9-inch pan. Sprinkle with nuts and butterscotch bits. Bake 45 to 50 minutes at 350°.

BETTER THAN SEX CAKE

Jaunita Jacobs
Retired

1 box yellow cake mix
20-oz. can crushed pineapple
1 lg. box vanilla instant pudding
2 c. milk
1 c. sugar
Nuts or flaked coconut

Bake cake as directed on box. Five minutes before cake is done, cook sugar and pineapple on top of stove. Remove cake from oven. Pour hot pineapple on top of cool cake completely. Mix instant pudding as directed on box using milk. Spread pudding mix-

(continued)

ture over cooled cake. Thaw Cool Whip and spread over the pudding on the cake. Sprinkle nuts or coconut (2 cups). Keep refrigerated.

CHOCOLATE SHEET CAKE

June Ford

2 c. flour
2 c. sugar
2 sticks oleo
6 T. cocoa
1 c. water
1/2 c. buttermilk
1 tsp. soda
2 beaten eggs
1 tsp. vanilla

In a saucepan bring to boil water, butter and cocoa. In a bowl mix flour and sugar. Pour boiling mixture into bowl. Stir. Add soda in buttermilk. Pour into bowl; add eggs and vanilla. Stir until smooth. Pour into greased and floured sheet cake pan. Bake at 350°. As soon as cake is in oven melt:

1 stick oleo
3 T. cocoa
6 T. milk

Bring to a boil; add:

1 box powdered sugar
1 tsp. vanilla
1 c. nuts

Pour over cake while hot.

CHOCOLATE CINNAMON SHEET CAKE

Velma Carlson

2 c. sugar
2 tsp. cinnamon
1 stick oleo
1/4 c. cocoa
2 eggs
1/2 c. buttermilk
2 c. flour
1/2 tsp. salt
1/2 c. salad oil
1 c. water
1 tsp. vanilla
1 tsp. soda (stir in milk)

Mix sugar, flour, cinnamon and salt in a bowl. Mix oleo, salad oil, cocoa and water in pan and bring to a boil. Pour hot mixture over dry ingredients in bowl and stir. Add eggs, vanilla, buttermilk and soda to mixture. Beat well. Bake in greased and floured 12 x 18-inch sheet cake pan. Bake at 350° for 25 minutes.

Frosting:

1 stick oleo
6 T. milk
1 c. nuts
1/4 c. cocoa
1 box powdered sugar

Mix oleo, milk and cocoa in pan. Bring to a boil. Add powdered sugar and nuts. Spread on cake while hot.

CHOCOLATE SURPRISE CAKE

Dixie Goheen (Ralph)

1 (18.25-oz.) pkg. sour cream choc. cake mix

Prepare and bake as package directs in 9 x 13-inch pan and removed from oven.

Butterscotch Filling:

2 c. brown sugar, packed
2 c. milk
4 T. butter
1 c. chopped nuts
6 T. flour
2 egg yolks
2 tsp. vanilla

Combine sugar and flour in large measuring cup. Gradually add milk. Cook in microwave for 2 minutes; stir. Do it in 1 minute increments until thickened. Stir some of the hot mixture into beaten egg yolks. Return to microwave for 2 minutes, stirring after 1 minute. (I use high setting on my microwave.) Remove and add butter, vanilla and nuts. Spread on top of cake when cool.

Marshmallow Frosting:

1½ c. sugar
1 (7-oz.) jar marshmallow creme
½ c. water

Combine sugar and water; stir over low heat until sugar dissolves. Add marshmallow creme. Stir until melted; remove from heat.

2 egg whites
1 tsp. vanilla
1 tsp. cream of tartar

Beat egg whites and cream of tartar until very stiff. Add marshmallow cream mixture slowly, beating at high speed until mixture will stand in soft peaks. Add vanilla. Frost top and sides of cake. Serves 16 nicely.

CINNAMON SUPPER CAKE

Gloria Gehing (Harvey)

1 c. flour, sifted
1½ tsp. baking powder
¾ c. sugar
1 tsp. vanilla
2 T. soft margarine
1 tsp. cinnamon
¼ tsp. salt
1 egg
¼ c. salad oil
½ c. milk, room temp.
3 T. powdered sugar

Mix flour, baking powder and salt; set aside. Beat together egg, sugar, salad oil, vanilla. Add the flour mixture alternately with the milk. Bake in 8 x 8-inch greased and floured pan for 20 to 25 minutes at 350°. While cake is baking, mix together margarine, powdered sugar and cinnamon. As soon as cake is removed from oven, puncture holes into it with large fork. Spread the cinnamon mixture over it.

CARROT CAKE

Elizabeth Dye

Combine:

2 c. sugar
4 eggs
1 1/2 c. cooking oil

Add and blend in:

2 c. shredded carrots
1 (2-lb.) can crushed pineapple, drained
1 tsp. vanilla

Mix together, then blend in:

2 1/2 c. whole-wheat flour
2 tsp. baking soda
1 1/2 tsp. cinnamon (opt.)
1 1/2 tsp. salt

Add 1 cup nuts. Grease and flour two 9-inch round cake pans. Pour batter into pans and bake 35 to 40 minutes at 350°. **Cream Cheese Frosting:** Blend together 3 ounces cream cheese and 1/2 cup margarine. Add 1 teaspoon vanilla and 1 pound powdered sugar. Beat well and spread on cooled cake.

GERMAN CHOCOLATE CAKE

Joyce Ensminger

1 pkg. German sweet choc.
1/2 c. boiling water
2 c. sugar
1 tsp. vanilla
1 tsp. baking soda
1 c. buttermilk
1 c. butter, oleo, shortening
4 egg yolks, unbeaten
1/2 tsp. salt
2 1/2 c. cake flour
4 egg whites, beaten stiff

Melt chocolate in boiling water; cool. Cream butter and sugar until fluffy. Add egg yolks, one at a time; beat well after each. Add melted chocolate and vanilla. Mix well. Sift together salt, soda and flour. Add alternately with buttermilk to chocolate mixture. Beat well. Fold in beaten egg whites. Pour into three 8 or 9-inch cake pans lined with paper. Bake at 350° for 30-40 minutes. Cool. Fill layers and sides with frosting.

Coconut-Pecan Frosting:

1 c. evap. milk
3 egg yolks
1 tsp. vanilla
1 c. chopped pecans
1 c. sugar
1 stick margarine (1/4 lb.)
1 1/2 c. coconut

Combine milk, sugar, egg yolks and margarine; add vanilla. Cook over low heat, stirring constantly until thick (about 12 minutes). Add coconut and pecans. Beat until thick enough to spread.

EASY GERMAN CHOCOLATE CAKE

Karin Roubideaux

1 pkg. devil's food cake mix
1 pkg. yellow cake mix
3/4 c. salad oil

Place mixes in bowl and prepare as directed on package, adding oil when mixing. Bake in three 8-inch layer pans.

Icing:

1 c. evap. milk
1 c. sugar
1 1/2 c. flaked coconut
1/4 lb. margarine
3 beaten egg yolks
1 c. chopped nuts

Mix together and cook over medium heat about 12 minutes until thick, stirring occasionally. Remove from fire and add coconut and nuts. Spread on cake and let cool.

EASY GERMAN CHOCOLATE CAKE

Bob Simmons

1 (18-oz.) box white cake mix (without pudding mix)
1 (4-oz.) box instant choc. pudding mix
3 egg whites
2 c. milk

Topping:

1 c. sugar
1 stick margarine
1/2 c. chopped nuts
3/4 c. milk
1 c. coconut

Combine top 4 ingredients all together and beat at medium speed 4 minutes. Pour into lightly-oiled 9 x 13-inch pan. Bake at 350° for 40 to 45 minutes until tester comes out clean. To prepare topping, combine sugar, milk and margarine in pan. Cook over low heat 15 minutes, stirring often. Stir in coconut and nuts. Spread over warm cake.

GERMAN CHOCOLATE SHEET CAKE

Jo Prilliman

2 c. sugar
1/2 tsp. salt
1 c. water
1/2 c. sour milk
1 tsp. soda
2 c. flour
1 c. butter or margarine
1 bar German sweet choc.
2 eggs
1 tsp. vanilla

Put sugar, flour and salt in bowl; stir. Do not sift. Put butter or margarine, water and German sweet chocolate in pan. Bring to boil. Pour over flour mixture. Whip sour milk, eggs, soda and vanilla with other ingredients. Bake in greased and floured jellyroll pan, 11 x 16 x 1-inch, at 350° for 15 to 20 minutes.

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Frosting:

1 stick butter or margarine
6 T. milk
2 sq. unsweetened choc.
1-lb. pkg. powdered sugar
Chopped nuts (opt.)
1 tsp. vanilla

Melt butter or margarine, milk and chocolate in pan but do not boil. Add powdered sugar and vanilla. Spread on cake as soon as it comes from oven. Sprinkle nuts on top if desired.

GERMAN CRUMB CAKE

Mary Alexander

3 c. flour
1 c. shortening
1 tsp. nutmeg
1/4 tsp. salt
2 c. sour milk
2 c. sugar
2 tsp. cinnamon
1 tsp. cloves
2 tsp. baking soda
2 c. mashed bananas

Mix flour, sugar, cinnamon, nutmeg, cloves. Cut in the shortening. Save about 1/2 cup of this for topping. Now add the sour milk, baking soda and bananas. Make sure this is mixed well. Pour into a 9 x 13-inch cake pan. Sprinkle the 1/2 cup of dry mixture that you saved over the top. Bake at 350° for about 40 minutes or until a toothpick comes out clean when inserted in the middle of the cake.

HILLBILLY CAKE

Elizabeth Dye

1 c. sugar
1/2 c. shortening
1 c. cold water
1 c. raisins
1 tsp. cloves
1/2 c. nuts
1 tsp. cinnamon
1/2 tsp. allspice
1/2 tsp. salt
2 c. flour
1 tsp. soda

Boil together the sugar, shortening, water, raisins, cloves, cinnamon, allspice and salt; cool. Add flour sifted with soda; mix well. Stir in nuts. Pour into well-greased 8 x 8-inch pan. Bake in 350° oven 25 to 35 minutes. Remove from oven and frost.

Icing:

2/3 c. brown sugar
1/3 c. melted butter
3 T. cream
1/2 c. shredded coconut

Combine sugar, butter and cream. Spread over cake. Sprinkle coconut on top. Place under broiler for 3 to 5 minutes until lightly browned.

HAWAIIAN PINEAPPLE CAKE

Dottie Sosnoski

1 box 2-layer cake mix
1 (3¾-oz.) pkg. instant vanilla pudding
1 c. milk
1 (8-oz.) pkg. Philadelphia cream cheese, softened
1 (8-oz.) ctn. Cool Whip
1 (20-oz.) can well-drained crushed pineapple
1 c. flaked coconut
Chopped nuts, if desired

Bake cake in 15 x 18-inch sheet pan according to directions. Cool thoroughly. Punch large holes over top of cake. Pour drained pineapple over top and spread to cover; some will go in holes. Combine pudding mix and milk; beat until thick. Add cream cheese and beat. Fold in Cool Whip; spread over cake. Sprinkle coconut and nuts over that. *Be sure the cream cheese is **very** soft so it will blend well with pudding. Refrigerate for 1 hour.

HEAVENLY HASH CAKE

Pam Ziegler

4 eggs
3 T. cocoa
2 T. baking power
2 T. vanilla
2 c. sugar
1 c. melted butter or oleo
2 c. chopped nuts (opt.)
2 c. flour

Topping:

Marshmallows
2 T. cocoa
5-8 T. cream
1 box powdered sugar
4 T. butter

Cake: Blend eggs and sugar. Stir in remaining cake ingredients. Pour into greased shallow pan. Bake at 350° for 30-40 minutes. **Topping:** Cut marshmallows in half. Place on cake sticky side down. Let soften. May be slightly broiled and flatten down with fingers. Blend remaining topping ingredients and heat slightly. Pour topping over marshmallows.

HARVEY WALLBANGER CAKE

Rose Miller

1 orange cake mix
4 eggs
½ c. cooking oil
½ c. Galliano liqueur
1 box instant vanilla pudding mix
½ c. orange juice
2 T. vodka

Combine all ingredients. Pour into greased and floured bundt pan. Bake 45 minutes at 350°. Pour over cake a glaze made of 1 cup confectioners' sugar, 1 tablespoon orange juice, 1 tablespoon Galliano and 1 teaspoon vodka.

OATMEAL CAKE

Karin Roubideaux

1¼ c. boiling water
1 c. quick oatmeal
1 stick butter
1 c. white sugar
1 c. brown sugar
2 tsp. salt
2 eggs
1½ c. flour
1 tsp. baking soda
1 tsp. cinnamon
1 tsp. nutmeg

Pour boiling water over oatmeal and butter. Cover and let stand 20 minutes. Add eggs and sugar. Stir; sift together flour, salt and soda. Add this to mixture along with spices and stir. Bake in 9 x 9-inch pan at 350° for 45 minutes.

Icing:

1 stick butter
¼ c. cream (can milk)
½ c. sugar
½ c. coconut
1 tsp. vanilla
1 c. nuts

Cream together butter and sugar. Add cream and vanilla. Stir in coconut and nuts. Spread atop cooled cake and place under broiler just long enough to brown. Watch closely. Icing will brown fast.

OATMEAL BANANA CUPCAKES

June Ford

½ c. sugar
2 eggs
¾ c. honey
1 tsp. baking powder
¾ tsp. salt
½ c. butter
3 med. bananas (mashed)
1½ c. flour
1 tsp. soda
1 c. oatmeal

Cream sugar and butter together. Beat in eggs, bananas and honey. Mix together dry ingredients. Add to cream mixture; beat until blended. Add oatmeal. Pour into cupcake papers and bake in muffin pans. Bake at 375° for 18 to 20 minutes.

OATMEAL CAKE

June Ford

2½ c. boiling water
1 tsp. vanilla
2 c. sugar
4 eggs, beaten
2 tsp. soda
2 tsp. cinnamon
2 c. oatmeal
2 c. brown sugar
1½ c. margarine
3¼ c. flour
1 tsp. nutmeg
1 tsp. salt

Pour boiling water over oatmeal; add vanilla. Set aside. Cream brown sugar, sugar and margarine. Add eggs and beat. Sift flour, soda, nutmeg and cinnamon. Add oatmeal and flour mixture alternately mixture; mix well. Pour into greased and floured 9 x 13-inch pan. Bake at 350° for 50 to 60 minutes.

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Frosting:

1/2 can canned milk
1/2 c. butter
1 c. brown sugar
1 1/2 c. coconut

Combine all ingredients and heat until bubbly. Pour over baked cake. Add coconut. Put under broiler. Watch as it doesn't take long to brown.

ORANGE CRUNCH CAKE

Pam Ziegler

Crunch layer:

1 c. graham cracker crumbs
1/2 c. brown sugar
1/2 c. melted oleo

Cake:

1 pkg. yellow cake mix
1/2 c. orange juice
3 eggs
1/2 c. water
1/3 c. oil
2 T. grated orange peel

Frosting:

1 can vanilla frosting
1 c. whipped topping, thawed
3 T. grated orange peel
1 tsp. grated lemon peel

Preheat oven to 350°. Grease and flour 2 round pans. Combine crunch ingredients. Press half into each pan. Blend cake ingredients on low. Beat 2 minutes at high speed. Pour evenly over crunch. Bake at 350° for 30 to 35 minutes. Cool completely. Beat frosting; add whipped topping. Fold in grated lemon and orange peel and beat some more until fluffy. Place one layer crunch side up and spread 1/4 frosting. Top with other layer, crunch side up, and spread on the rest of the frosting.

ORANGE CHIFFON CAKE

June Ford

8 egg whites
1/2 tsp. cream of tartar
1 c. sugar
2 1/2 c. sifted flour
1 T. baking powder
1/2 tsp. salt
3/4 c. orange juice
2 (1 x 2-in.) strips orange rind
1/2 c. oil
4 egg yolks
1/2 c. powdered sugar

Heat oven to 325°. Beat egg whites and cream of tartar until frothy. Continue beating gradually adding sugar until whites stand in stiff peaks and sugar is well blended. Sift flour, baking powder and salt together. Put orange juice, rind, oil and egg yolks into blender and process at mix until smooth. Add 1/3 dry ingredients and process at blend until smooth. Repeat with remaining dry ingredients. Pour mixture over beaten egg whites and fold in gently until there are no streaks. Pour into prepared tube pan and bake for 45 to 50 minutes. Invert on cake rack immediately. Sprinkle with powdered sugar.

PUMPKIN CAKE

Rosie Sandoval

Beat together:

4 eggs
1 Wesson oil
2 c. sugar

In another bowl:

2 c. flour
2 tsp. baking soda
1/2 tsp. salt
2 T. cinnamon
1 tsp. baking powder

Add to first mixture along with 2 cups of pumpkin. Bake at 350° for 35-40 minutes.

Frosting:

1 stick butter
8 oz. cream cheese
2 tsp. vanilla
Powdered sugar

Mix together, then add powdered sugar a little at a time until mixture is thick enough to spread (almost a box). Sprinkle walnuts (optional).

POPCORN CAKE

Bob Simmons

16 c. popped corn
1/4 c. butter
1/2 lb. sm. marshmallows
1/2 lb. sliced gumdrops
1/2 lb. salted peanuts without skins
20 caramels
1/4 c. oil
1/2 lb. M & M's

Mix peanuts and popcorn and place in oven to keep warm. Melt butter, marshmallows and caramels; add oil. Pour over peanuts and popcorn. Add candy; mix well. Put into greased bundt cake pan and pack in tight.

RAISIN CAKE

Carlene Poe (Don)

1 1/3 c. sugar
1/4 c. oleo
3 T. molasses
1 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. cloves

1 c. raisin juice
2½ c. flour
1 tsp. soda
Walnuts (opt.)
1/2 tsp. allspice
1/4 tsp. ginger
1 c. cooked raisins

Boil raisins 3 to 5 minutes. Cream first 3 ingredients. Stir in remaining ingredients adding raisins last. Batter should be fairly stiff before you add drained raisins. Cook in 350° oven for 45 to 60 minutes for loaf cake.

RAINBO CAKE

Lori Hunt

1 pkg. (2-layer) white cake mix
1 pkg. strawberry Jello or your favorite
1 c. boiling water
2 c. Cool Whip, thawed
1 c. cold water

Prepare cake mix as directed on package. Bake in a well-greased and floured 13 x 9-inch pan. Cool cake in pan for 15 minutes, then prick with fork at 1/2-inch intervals. Meanwhile dissolve gelatin in boiling water; add cold water and carefully pour over warm cake. Chill 3 or 4 hours. Top with Cool Whip and favorite fruit to match Jello.

WHITE LAYER CAKE

1/2 c. cherries

Lori Hunt

2 1/4 c. flour
2 1/4 T. baking powder
1/2 T. salt
1/2 c. egg whites
1/4 tsp. lemon extract
1/2 c. shortening
1 1/3 c. sugar
1 T. vanilla
1 c. milk

Sift flour and measure. Add baking powder and salt. Cream sugar and shortening. Whip egg whites until fluffy. Put all together and add flavorings and milk. Grease and flour 2 round or one 13 x 9-inch pan. Bake at 350° for 28 to 30 minutes.

3 WET-3 DRY CAKE

Betty Ratzlaff

Heat 1/3 cup butter or oleo in measuring cup just to melting. Add 1 whole egg (unbeaten). Fill cup with milk. Sift into small mixing bowl 1 cup sugar, 1 cup flour and 1 teaspoon baking powder. Add liquid mixture. Beat 1 minute at medium speed. Pour batter into 8-inch round cake pan (bottom greased). Sprinkle cinnamon and sugar on top. Bake 25-30 minutes in 350° oven or until cake tests done in center.

ZUCCHINI PUDDING CAKE

Jaunita Jacobs
Retired

1/4 c. oil
3 c. grated zucchini
1 1/2 tsp. cinnamon
1 (2-layer) pkg. yellow cake mix or pudding included cake mix
1 (4-serving) pkg. vanilla flavored instant pudding and pie filling mix
4 eggs
1/2 tsp. salt
1 c. nuts

Combine all ingredients in mixer bowl. Blend; beat at medium speed of electric mixer for 4 minutes. Pour into 2 greased and floured 8 x 4-inch or 9 x 5-inch loaf pans. Bake at 350° for 50 to 55 minutes or until cake tester inserted in center comes out clean

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and begins to pull away from sides of pan. Do not underbake. Cool in pan 15 minutes. Remove from pan and finish cooling on rack.

ORANGE DROP COOKIES

Betty Ratzlaff

2/3 c. shortening
1 egg
2 T. grated orange rind
1/2 tsp. baking powder
1/4 tsp. salt
3/4 c. sugar
1/2 c. orange juice
2 c. flour
1/2 tsp. soda

Heat oven to 400°. Mix shortening, sugar and egg thoroughly. Stir in orange juice and rind. Mix dry ingredients together in bowl and blend in. Drop rounded teaspoonful of dough about 2 inches apart on an ungreased baking sheet. Bake 8 to 10 minutes or until delicately browned on edges. Makes 4 dozen 2-inch cookies. Frost with orange butter icing.

FROSTY CASHEW COOKIES

Carlene Poe (Don)

1/2 c. oleo
1 c. brown sugar
1 egg
1/2 tsp. vanilla
1/3 c. sour cream
3/4 tsp. baking powder
3/4 tsp. soda
1/4 tsp. salt
2 c. flour
1 3/4 c. cashews

Cream butter and sugar until light and fluffy. Beat in egg and vanilla. Add sifted dry ingredients alternately with sour cream. Fold in nuts. Drop on greased baking sheet. Bake for 10 minutes at 375°. Cool and frost.

1/2 c. oleo
3 T. cream
1/4 tsp. vanilla
2 c. powdered sugar

Lightly brown oleo. Remove from heat. Add cream and vanilla. Stir liquids into sugar. Beat until smooth and thick enough to spread. Top with whole nut.

ALPHABET COOKIES

Pam Ziegler

1 1/2 sticks butter or margarine
1 egg
2 c. flour
1/4 tsp. salt
Sugar for decorating
3/4 c. sugar
1/2 tsp. vanilla or almond
1/4 tsp. baking powder
Milk for brushing on top of cookies

Use an electric mixer and beat butter or margarine until soft. Add sugar and beat until fluffy. Add egg and vanilla or almond flavoring and beat again. Mix flour, baking powder and salt together; add to mixture a little bit at a time. Divide the dough into 2 parts; wrap in plastic wrap and put in refrigerator for 30 minutes to get hard enough to play with like modeling clay. Make small balls of dough and roll into ropes. Shape the ropes into numbers or letters on an

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ungreased cookie sheet, leaving a little space between. Brush with a little milk; sprinkle on a bit of sugar and bake at 375° for about 10 minutes. Cool on rack.

SOFT MOLASSES COOKIES

Kathy Diel

3/4 c. shortening
1 egg
2 1/2 c. sifted flour
1/4 tsp. salt
1 tsp. cinnamon
1 c. brown sugar
1/4 c. pure sorghum
2 tsp. soda
1/2 tsp. cloves
1 tsp. ginger

Cream shortening and brown sugar. Add egg and pure sorghum. Add sifted flour, soda, salt, cloves, cinnamon and ginger. Mix and chill dough. Roll in white sugar (medium size cookie ball). Bake at 375°.

SNICKERDOODLES

Velma Carlson

1 c. shortening
1 1/2 c. sugar
2 eggs

Combine above in mixing bowl.

2 3/4 c. flour
2 tsp. cream of tartar
1 tsp. soda
1/2 tsp. salt

Combine flour, cream of tartar, soda and salt. Stir into shortening mixture. Roll into balls the size of walnuts. Combine 2 teaspoons cinnamon, 2 tablespoons sugar in small bowl. Roll balls into sugar mixture. Place 2 inches apart on ungreased cookie sheet. Bake at 400° until lightly brown. These cookies puff up and then flatten out with krinkles on them.

PUMPKIN COOKIES

Velma Carlson

2/3 c. shortening
2/3 c. soft oleo
1 c. sugar
1 c. brown sugar
1 tsp. salt
1 tsp. cinnamon
2 eggs
2 tsp. vanilla
3 1/4 c. flour
1 tsp. soda
1 c. pumpkin
Nuts, if desired

Cream shortening, oleo, sugar, brown sugar, eggs and vanilla. Add pumpkin; mix. Add remaining ingredients. Bake on ungreased cookie sheet at 350° until brown.

PEANUT BUTTER COOKIES

June Ford

1 c. shortening
1 c. brown sugar, packed
1 c. white sugar
1 tsp. salt
1 c. crunchy peanut butter
1 tsp. vanilla
2 eggs, beaten
3 c. flour
1 tsp. soda

Cream shortening, both sugars, eggs, peanut butter and vanilla. Add sifted flour, salt and soda, one cup at a time. Roll into balls about the size of a walnut. Mash with a wet fork. Bake at 325° for about 6-8 minutes.

PEANUT BUTTER YUM YUMS

Shirley Dodge
Lori Hunt's Mother

1/2 c. shortening
1/2 c. peanut butter
1 c. sugar
1 1/4 c. flour
1 egg, well beaten
1/4 tsp. salt
1 1/2 tsp. baking powder

Cream shortening and peanut butter together. Add sugar gradually and cream thoroughly (smooth). Add well-beaten egg. Sift flour, baking powder and salt together. Add to creamed mixture. Chill dough well. Form into small balls and place on greased baking sheet. Flatten with fork in criss-cross pattern. Bake at 350° for 10-12 minutes.

THUMBPRINT COOKIES

Shirley Dodge
Lori Hunt's Mother

1/4 c. shortening, softened
1/4 c. butter, softened
1/4 c. brown sugar
1/2 tsp. vanilla
3/4 c. finely-chopped nuts
1 c. flour
1/4 tsp. salt
1 egg white
1 egg yolk

Combine shortening, butter, brown sugar, egg yolk and vanilla. Sift together and stir in the flour and salt. Roll in balls. Roll in the slightly-beaten egg white. Roll in nuts. Bake at 375° for 5 minutes. Press thumb in center and bake 8 minutes more. Add jelly or fruit in thumbprint. Makes about 2 dozen.

EASY SUGAR COOKIES

Velma Carlson

4 c. flour
1/2 tsp. salt
2 eggs
1/2 tsp. almond extract
1 T. artificial sweetener
1 c. shortening
2 tsp. soda
1 1/2 c. sugar
1/2 c. milk
1 tsp. vanilla

Mix flour, soda and salt. Cut shortening into the flour mixture using a pastry blender until the mixture consists of small peas. Add

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sugar, eggs, milk, almond, vanilla and artificial sweetener. Mix thoroughly with flour mixture. Roll dough to ⅛-inch thickness. Cut into various shapes with cookie cutters. Bake on a cookie sheet at 350° for 8 to 10 minutes or until lightly brown. Yields 6 dozen.

SUGAR COOKIES

Myrna Jordan

1⅓ c. shortening
1½ c. sugar
1 tsp. grated orange peel
1 tsp. vanilla
2 eggs
8 tsp. milk
4 c. sifted flour
3 tsp. baking powder
½ tsp. salt

Thoroughly cream shortening, sugar, orange peel and vanilla. Add eggs; beat until fluffy. Stir in milk. Sift dry ingredients; stir in. Blend. Divide dough in half; chill 1 hour. Roll dough on floured surface. Keep rest of dough chilled until ready to use. Cut into shapes. Bake on greased cookie sheet at 375° for 6-8 minutes. Cool slightly. Remove from pan. Cool and decorate.

OATMEAL CHIPPERS

Anna Lee Wiebe

½ c. butter or oleo
½ c. shortening
1 c. sugar
1 c. brown sugar
2 eggs
1 tsp. vanilla
2 c. sifted flour
1 tsp. baking soda
1 tsp. salt
1 tsp. cinnamon
1 tsp. nutmeg
2 c. quick oatmeal
1 c. chopped nuts
1 c. choc. chips

Cream together butter and shortening. Add sugars gradually, beating until light and fluffy. Beat in eggs and vanilla. Blend in sifted dry ingredients, mixing thoroughly. Stir in oats, chocolate chips and nuts. Drop by spoonfuls on greased baking sheet. Bake at 375° for 9 to 12 minutes. Makes 8 dozen.

RAISIN-OATMEAL COOKIES

Pam Ziegler

1 c. + 2 T. flour
¼ tsp. cinnamon
2 egg whites, slightly beaten
¼ c. nonfat milk
1 c. seedless raisins
½ tsp. baking soda
1½ c. quick-cooking oats
1 c. brown sugar
½ c. oil
1 tsp. vanilla

Sift together flour, baking soda and cinnamon. Stir in oats. Combine egg whites, brown sugar, oil, milk, vanilla and raisins; add to flour mixture. Mix well. Drop batter a teaspoon at a time onto cookie sheet sprayed with nonstick vegetable spray. Bake at 350° for 12 to 15 minutes depending on texture desired. Shorter baking time results in a chewy, soft cookie; longer time in a crisp one. Makes 36 cookies.

DELUXE OATMEAL COOKIES

Don Newton

3 c. oatmeal
1 c. raisins, washed
3 c. sifted flour
2 c. sugar
1 c. melted shortening
1 tsp. cinnamon
1/2 tsp. cloves
1/2 tsp. salt
2 eggs, well beaten
2/3 c. milk
2 tsp. soda

Grind together oatmeal and raisins. Sift together dry ingredients. Combine eggs, milk and shortening. Add dry ingredients and oat mixture; mix well. Roll in balls about 1 1/2 inches in diameter. Place on greased baking sheet. Bake at 350° for 12 to 15 minutes. Makes 6 1/2 dozen.

CHOCOLATE OATMEAL BARS

Danna Neal
Granddaughter of Don Poe

1/2 c. margarine
1/3 c. sugar
1/3 c. brown sugar
1 egg
1 tsp. vanilla
1/2 c. flour
1/2 tsp. cinnamon
1/8 tsp. nutmeg
1/2 tsp. salt
1/2 tsp. baking powder
1 c. quick baking oatmeal
1/2 c. choc. chips

Cream margarine and sugars. Add eggs and vanilla; beat until fluffy. Blend in half of dry ingredients at a time. Mix well. Stir in oatmeal and half of the chocolate chips. Spread evenly in ungreased 9-inch pan. Top with remaining chocolate chips. Bake 20 to 25 minutes at 350°. Makes 16 bars.

CAKE MIX COOKIE

John Cline

1 pkg. any flavor cake mix
2 eggs
1/2 c. cooking oil
2 tsp. water (opt.)

Mix ingredients and drop by teaspoon onto an ungreased cookie sheet for 8-10 minutes at 350°.

ROCKY ROAD CHOCOLATE BARS

Joyce Ensminger

1 (6-oz.) pkg. semi-sweet choc. bits
3/4 c. evap. milk
4 c. graham cracker crumbs (1 pkg. or 52 sq.)
1 c. powdered sugar
1 c. chopped nuts
2 c. min. marshmallows

Add chocolate to milk. Melt on low heat (about 150°). Mix nuts, marshmallows, crumbs and sugar in large bowl. Pour chocolate over crumb mixture; mix until moistened. Turn into well-buttered 9 x 9-inch pan. Press down even layer. Chill until firm in refrigerator. Makes 24 bars.

POOR MAN'S COOKIES

Phyllis Spence

1/2 c. shortening
1 egg
1 tsp. soda
1 tsp. cinnamon
1 tsp. nutmeg
1 c. brown sugar
1 1/4 c. water
2 c. flour
1/2 tsp. salt
1 c. raisins

Cream shortening, brown sugar and egg together. Add 1 cup raisins, 1 1/4 cups water and simmer together; add 1 teaspoon soda while hot. Let cool and add shortening, sugar and egg mixture. Mix well, then add 2 cups flour, 1 teaspoon cinnamon, 1/2 teaspoon salt, 1 teaspoon nutmeg. Pour on greased and floured cookie sheet. Bake 15-20 minutes at 350°. Remove from oven and frost with powdered sugar icing while hot. Cut into squares while hot.

CHOCOLATE CINNAMON SQUARES

Elizabeth Dye

2 c. flour
2 tsp. cinnamon
1 stick oleo
1/4 c. cocoa
2 eggs
1/2 c. sour milk
2 c. sugar
1/2 tsp. salt
1/2 c. salad oil
1 c. water
1 tsp. vanilla
1 tsp. soda (mixed in milk)

Mix flour, sugar, cinnamon and salt in bowl. Mix oleo, salad oil, cocoa and water in a pan. Bring to a boil, then pour hot mix over dry ingredients in bowl and stir. Add eggs, vanilla, sour milk and soda. Add to rest of ingredients. Beat well and bake in greased and floured 12 x 15-inch jellyroll pan at 350° for 30 minutes.

Icing:

1 stick oleo
6 T. milk
1/4 c. cocoa

Mix; bring to a boil. Add 1 pound powdered sugar and 1 cup either pecans or coconut. Spread on cake while hot. Cool. Serve.

GRAHAM DATE NUT ICED COOKIES

Gertrude Armbruster
Retired Personnel Department

Line bottom of cookie sheet with whole graham crackers. Bring to a boil:

1 c. butter
1/2 c. milk
1 c. chopped dates
1 c. sugar
1 egg

Take off burner and add:

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1 1/2-1 3/4 c. graham cracker crumbs
1 c. coconut
1 c. chopped nuts

Cool. Spread filling on crackers in pan. Cover with another layer of crackers.

Frosting:

2 c. powdered sugar
1/4 c. melted margarine
1 T. lemon juice

Or frost with plain butter icing.

CHOCOLATE-PRALINE JUMBO CHRISTMAS MUD SQUARES

Joyce Ensminger

3/4 c. graham cracker crumbs
3/4 c. chopped pecans
1/4 c. butter or margarine
1 (12-oz.) jar caramel-flavored topping
4 (1-oz.) sq. unsweetened choc.
1 c. flour
4 eggs, beaten
1/4 c. brown sugar, firmly packed
3 T. flour
1 1/2 c. sugar
1 c. butter or margarine
1 tsp. vanilla

Combine crumbs, pecans, brown sugar and butter, stirring well. Press crumb mixture into bottom of a greased 9-inch square pan. Bake at 350° for 6 to 8 minutes. Cool slightly. Combine caramel topping and 3 tablespoons flour, stirring well. Spread topping on crust to within 1/4 inch from edge of pan; set aside. Combine 1 cup butter and unsweetened chocolate in a heavy saucepan. Cook over low heat until melted. Stir in sugar, flour, eggs and vanilla. Pour mixture over reserved caramel topping in pan. Bake at 350° for 50 minutes. Cool slightly and spread with chocolate frosting. Lightly sift powder sugar over frosting if desired. Garnish with pecan halves and candied cherries if desired.

Chocolate Frosting:

1 T. butter or margarine
2 T. water
1/4 tsp. vanilla
2 T. cocoa
1 c. sifted powdered sugar

Cook butter, cocoa and water in a small saucepan. Cook over medium heat until mixture thickens. Remove from heat; stir in powdered sugar and vanilla.

FANTASY FRUIT BARS

Peggy Weikal

1 pkg. yellow cake mix
1/2 c. margarine, melted
1/2 c. (18-20 pieces)
Lemon or orange Starburst Fruit Chews
1/4 c. shredded coconut
3/4 c. quick oats, uncooked
1 egg
1 c. sweetened cond. milk
1/2 c. nuts, chopped

(continued)

Combine cake mix, oats, margarine and egg. Mix with a fork until crumbly. Reserve 1¼ cups. Press remaining mixture into bottom of greased 15½ x 10½-inch baking pan. Bake at 350° for 10 minutes. Melt together candies and condensed milk in heavy pan over low heat, stirring constantly until candies are melted and well blended. Pour candy mixture over partially-baked crust, to within ½ inch of edge. Combine reserved crumb mixture, nuts and coconut with fork until crumbly. Sprinkle evenly over candy mixture, pressing in lightly. Bake about 18-20 minutes or until golden brown. Cool thoroughly. Cut into bars.

NIEMAN-MARCUS $250 CHOCOLATE CHIP COOKIES

Jo Prilliman

4 eggs
2 c. sugar
1 tsp. salt
1 tsp. vanilla
4 c. flour
18-oz. Hershey bar, grated
2 c. butter
2 c. brown sugar
1 tsp. baking powder
5 c. oatmeal (blend fine)
24 oz. choc. chips
3 c. nuts (any kind)
1 tsp. baking soda

Cream butter, eggs and sugar together. Put oatmeal in blender (fine). Then combine sifted dry ingredients. Add remaining ingredients with creamed and sifted ingredients. Drop by spoonfuls on greased cookie sheet; bake for 6 minutes at 375°.

WHOLE-GRAIN JAM SQUARES

Peggy Weikal

2 c. quick oats, uncooked
1 c. butter or oleo
½ c. chopped nuts
¾ tsp. salt
1 c. preserves (jam or jelly)
1¾ c. flour
1 c. brown sugar (firm)
1 tsp. cinnamon
½ tsp. soda

Combine all ingredients except preserves in large mixing bowl. Beat at low speed on electric mixer until mixture is crumbly. Reserve 2 cups mixture; press remaining onto bottom of greased 13 x 9-inch baking pan. Spread preserves evenly over base. Sprinkle with reserved mixture. Bake in preheated oven at 400°, 25-30 minutes or until golden brown. Cool; cut into squares.

CHERRY MASH BARS

Joyce Ensminger

2 c. sugar
1 (10-oz.) pkg. cherry chips
¾ c. chunky peanut butter
⅔ c. evap. milk
1 (11-oz.) pkg. choc. chips
1 c. chopped peanuts
16 reg. marshmallows
2 tsp. vanilla

Dissolve sugar, marshmallows and milk on low heat. Boil 5 minutes, stirring constantly. Remove from heat; add cherry chips and 1 teaspoon vanilla. Stir until chips dissolve; spread in a 9 x 15-inch

(continued)

pan. Melt chocolate chips, peanut butter and 1 teaspoon vanilla in double boiler. Stir in peanuts. Spread evenly over cherry layer. Cool and cut in squares.

SKILLET COOKIES

June Ford

1 stick oleo
2 eggs (well beaten)
1 c. Rice Krispies
Coconut
1 T. vanilla
1 pkg. chopped dates
3/4 c. sugar
1 c. nuts (pecans or walnuts, chopped)

Melt oleo in large skillet; add chopped dates, eggs and sugar. Cook over slow heat until thick, stirring constantly; add vanilla, Rice Krispies and chopped nuts. Cool and make into balls the size of walnuts. Roll in coconut.

PEPPERMINT PATTIES

Connie Burnett

2 c. powdered sugar
2 T. margarine
5 drops oil of peppermint
2 T. shortening
2 T. warm white syrup
Chocolate

Note: You may use semi-sweet or milk chocolate chips, or you may purchase candy making chocolate or coating products. **Filling:** Put powdered sugar into a bowl. Melt shortening and margarine; stir into powdered sugar. Heat syrup and pour into sugar mixture; mix well. Stir in peppermint oil. Refrigerate until ready to use. **To Use:** Paint melted chocolate into candy molds. Fill with portions of peppermint mixture. Top with additional melted chocolate. Allow to harden. Store in refrigerator.

PEANUT BUTTER BALLS

Joyce Ensminger

1/2 c. oleo
1 lb. powdered sugar
1 (6-oz.) pkg. semi-sweet choc. chips
8-oz. Hershey bar
3 c. Rice Krispies
2 c. peanut butter
1/3 cake paraffin, melted

Blend: Oleo, peanut butter and powdered sugar. Mix in Rice Krispies; roll into 1/2-inch balls. Melt chocolate bar, chocolate chips and wax in double boiler over low heat. Dip balls. Put on waxed paper. Refrigerate. May be frozen. Makes 8 dozen.

CHOCOLATE-COVERED PEANUT BUTTER BALLS (Reeses)

Joyce Ensminger

2 c. powdered sugar
6 T. oleo
1 1/2 c. peanut butter
1 c. nuts

Chocolate Dip:

6 oz. choc. chips
1/4 cake paraffin

(continued)

Mix together and form into balls. Refrigerate. Melt chocolate chips and paraffin in double boiler. Dip balls.

SNOWBALLS

Joyce Ensminger

1 pkg. vanilla wafers
½ sm. can frozen orange juice
1 c. powdered sugar
Coconut (enough to roll balls in)
1 c. pecans, finely chopped
½ stick oleo

Mix all together and form into balls. Roll in powdered sugar and coconut. These are better after being stored in tight container a week or two.

CHOCOLATE CANDY CHERRIES

Connei Burnett

3 T. butter, softened
½ tsp. vanilla extract
2½ c. sifted confectioners' sugar
1 (11½-oz.) pkg. milk choc. morsels
3 T. corn syrup
¼ tsp. salt
2 (10-oz.) jars maraschino cherries with stems, drained
3 T. veg. shortening

In small bowl combine butter, corn syrup, vanilla extract and salt. Gradually add confectioners' sugar; beat well. (If mixture becomes too thick, knead fondant until sugar is well combined). Divide fondant in half. Roll into two 7-inch logs. Wrap in plastic wrap. Refrigerate 1-1½ hours or until firm. Cut logs into 1-inch pieces. Cut each piece into 4 quarters. Place quarter piece of fondant in palm of hand; flatten. Evenly wrap around each cherry to cover. Place on waxed paper-lined cookie sheets; cover. Freeze 30 minutes. Melt over hot (not boiling) water, milk chocolate morsels and vegetable shortening; stir until chocolate melts and mix is smooth. Dip cherries into chocolate, shaking off excess. Place on waxed lined cookie sheets. Chill in refrigerator.

UNCOOKED FONDANT

Connie Burnett

Melt in saucepan over low heat:

3 T. butter

Stir in:

¼ c. Pet milk
¼ tsp. salt
1 tsp. vanilla

Remove from heat; add gradually:

4¼ c. powdered sugar (1 lb.)

Turn out onto a board, lightly sprinkled with powdered sugar; work with hands until smooth. Makes about 2 cups fondant to use in making these candies: Coconut patties, chocolate covered cherries, nut patties, chocolate nut balls and cherry-walnut patties.

CINNAMON CANDY

June Ford

2 c. sugar
1/2 c. water
Red or green food coloring
1 c. white corn syrup
1 tsp. cinnamon oil

Boil all together until hard crack stage. Add food coloring until you get color you want. Pour into 9 x 13-inch pan. Let cool, then break into pieces. Substitute peppermint or wintergreen oil to make other hard candy.

S'MORES

June Ford

1 pkg. almond bark
2 c. min. marshmallows
3 c. Rice Krispies
1 c. peanut butter

Melt almond bark over very low heat, or in microwave. Add other ingredients and stir. Drop on waxed paper; let cool. Great recipe for children to make.

BEER NUTS

June Ford

4 c. raw peanuts
2 c. sugar
1 c. water

Mix ingredients in iron skillet. Cook over low heat until moisture is gone. Stir occasionally. Pour onto lightly-buttered cookie sheet. Try not to get any sugary crumbs on cookie sheet. (I pour mine into a bowl and then gently shake it so most of it goes to the bottom. It will burn on the cookie sheet. Sprinkle with salt. Bake at 350° for 15 minutes. Take out of oven and break up. Bake another 15 minutes. Cool and store.

PEANUT BRITTLE

Myrna Jordan

2 c. sugar
1/2 c. water
1/2 lb. (12 oz.) raw peanuts
2 T. oleo
1 tsp. vanilla
1 c. white syrup
1/2 tsp. salt
1 1/2 tsp. soda

Mix all together in heavy skillet or large saucepan. Cook to hard crack stage. Add raw peanuts. Cook until peanuts are a light tan color and syrup threads in cold water. Add oleo, soda and vanilla. Stir together. Spread on very well-buttered surface. When about set up, butter fingers well and pull apart until real thin. Break into pieces and store in tight container.

CHOCOLATE-COVERED PECAN TURTLES

Joyce Ensminger

1 (14-oz.) pkg. vanilla caramels
1 T. evap. milk
1 (8-oz.) bar milk choc.
1/3 bar paraffin
2 c. pecans

(continued)

Combine caramels and milk in top of double boiler; heat caramels until melted, stirring occasionally. Beat with wooden spoon until creamy. Add pecans and stir well to combine. Drop by teaspoonfuls onto buttered waxed paper. Let cool 15 minutes. Combine pieces of chocolate bar and paraffin in top of double boiler. Heat until melted and stir until smooth. Dip each fritter into chocolate with toothpick and place on waxed paper. Makes 4 dozen.

MOUNDS CANDY BARS

Joyce Ensminger

1 lb. powdered sugar	**1 lb. coconut (4 c.)**
1 tsp. vanilla	**3/4 c. mashed potatoes**

Chocolate Coating:

6-oz. pkg. choc. chips	**1/3 of 1 bar paraffin**

Combine ingredients; mix well, then shape into balls. Refrigerate for 1 hour. Dip into chocolate candy coating, then refrigerate to harden. **Chocolate Coating:** Melt in double boiler, stirring occasionally until blended.

CARAMEL PECAN LOGS

Joyce Ensminger

Nougant Center:

3 c. sugar	**1 1/3 c. light corn syrup**
1 c. water	**2 egg whites**
1/4 c. melted butter	**1 tsp. vanilla**
1/8 tsp. salt	

Combine 3/4 cup sugar, 2/3 cup corn syrup and 1/4 cup water in 1 1/2-quart heavy saucepan. Stir over medium heat until sugar dissolves; then boil to soft ball stage (238°). Pour syrup over stiffly-beaten egg whites, beating constantly until slightly cool. This takes about 5 minutes. Spoon into well-buttered bowl; make a well in center. Let stand while you make the second syrup. Combine remaining 2 1/4 cups sugar, 2/3 cup corn syrup and 3/4 cup water. Cook over medium heat, stirring until sugar is dissolved. Continue cooking to hard ball stage (258°). Pour syrup immediately into center of egg white mixture in bowl. Beat vigorously with wooden spoon until mixed. Stir melted butter, vanilla and salt. Let stand and beat occasionally until mixture is stiff and holds shape. Transfer from bowl to waxed-papered 8-inch square pan. With buttered fingers, press into pan. Keep in refrigerator at least 2-3 hours. It's better if it sets 1 day. Turn firm candy on cutting board and remove waxed paper. Cut in 1/2 and 1/2 again, making 4 small squares. Cut each square into logs of equal size. Makes 16 logs.

(continued)

Caramel Coating:

2 c. sugar
1$\frac{1}{2}$ c. light cream
$\frac{1}{4}$ tsp. salt
1$\frac{1}{2}$ lbs. pecans, coarsely chopped (about 6 c.)
1$\frac{1}{4}$ c. light corn syrup
1 tsp. vanilla

Combine sugar corn syrup and $\frac{1}{2}$ cup cream in a 2-quart pan. Cook medium heat until sugar dissolves. When it reaches soft ball stage slowly add $\frac{1}{2}$ cup cream. Cook until soft ball stage; add remaining cream and cook to firm ball stage. Remove from heat. Add vanilla and salt. Pour mixture in the top of double boiler. Set on hot water. Gently drop logs in mixture one at a time. Work quickly with 2 forks. Drain slightly and roll in nuts. Wrap in foil and store in the refrigerator for at least 5 hours. Cut each log in 28 slices. Makes 4$\frac{3}{4}$ pounds.

QUICK FUDGE

Pam Simmons

1 (12-oz.) and 1 (6-oz.) pkg. choc. chips
1 c. sweetened cond. milk
1 tsp. vanilla
$\frac{2}{3}$ c. chopped nuts

Heat chips and condensed milk in saucepan until chocolate is melted. Remove from heat; blend in vanilla. Spread in buttered 8-inch square pan; chill until firm, at least 2 hours. Makes 36 pieces.

CHOCOLATE FUDGE

Sue Ensminger

2 c. sugar
80 sm. or 10 lg. marshmallows
1 stick margarine
1 sm. pkg. choc. chips
Pinch of salt
1 sm. can milk
$\frac{3}{4}$ tsp. vanilla
1 sm. can nuts

Cook sugar, milk, marshmallows, vanilla, salt and margarine in heavy saucepan 6 minutes. Put chocolate chips in large bowl; pour hot mixture over them. Beat until well blended and creamy. Drop by teaspoon on waxed paper and press nut on each piece.

7-POUND FUDGE

June Ford

4$\frac{1}{2}$ c. sugar
1 lg. can evap. milk
2 sticks margarine
1 T. vanilla
1 (12-oz.) pkg. choc. chips
2 c. marshmallows
2 c. chopped nuts

Place sugar, milk, butter and vanilla in heavy skillet. Bring mixture to a rolling boil. Continue boiling for 11 minutes, stirring constantly. Remove from heat and add remaining ingredients. Stir mixture until smooth. Pour into large buttered pan. Cool. Cut into squares.

ASSYRIAN FUDGE

June Ford

- **2 c. sugar**
- **1 c. cream or can milk**
- **2 T. corn syrup**
- **1 bottle cherries (maraschino), chopped and drained**
- **3/4 tsp. vanilla**
- **34 c. chopped nuts**
- **1/4 tsp. salt**

Combine sugar, cream, syrup and salt in large pan. Boil slowly until hard ball stage. Remove from heat; add nuts, cherries and vanilla. Beat until creamy. Pour into buttered dish. Chill.

RICHMOND CHOCOLATE FROSTING

Jo Ann Barb

- **1 c. sugar**
- **3 T. cornstarch**
- **1 oz. choc.**
- **Dash of salt**
- **1 c. boiling water**
- **3 T. butter**
- **1 tsp. vanilla**

Mix sugar and cornstarch; stir in chocolate and salt. Add water and cook until thick; add butter and vanilla. Spread on cake while still hot.

CHOCOLATE (COFFEE) ICING

Lori Hunt

- **1/4 lb. margarine**
- **2 T. cocoa (heaping)**
- **1 lb. confectioners' sugar**
- **1 tsp. vanilla**
- **2 T. strong hot coffee**
- **Enough milk for a smooth consistency**

Combine sugar and margarine; add in vanilla, strong coffee and cocoa. Then just add enough milk until it's smooth.

FLUFFY POWDERED SUGAR FROSTING

June Ford

- **5 c. powdered sugar**
- **2 tsp. vanilla**
- **8 T. butter**
- **4 egg whites**

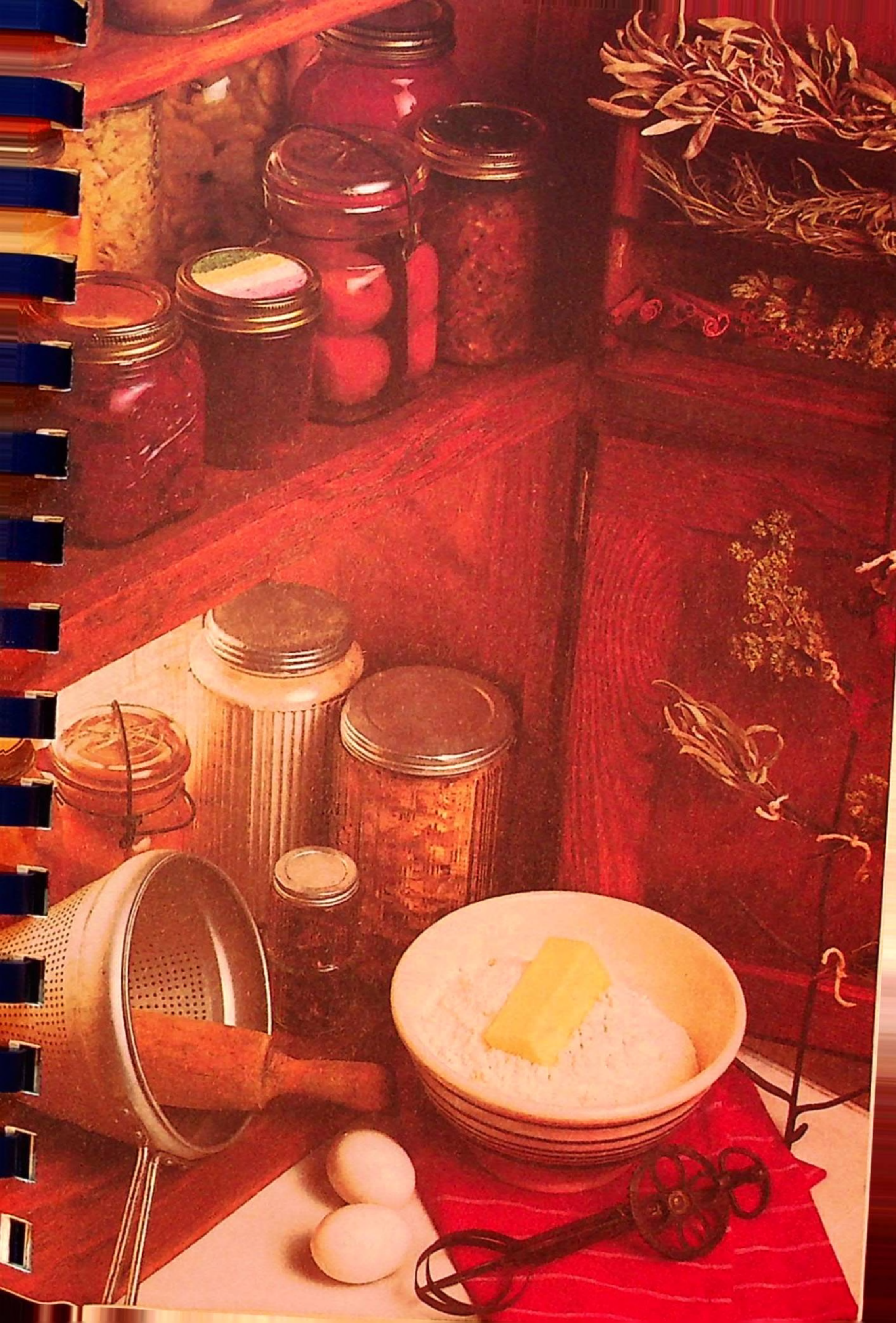
Beat egg whites and 3 cups powdered sugar until stiff. Add 2 cups powdered sugar and butter, beating with mixer constantly. Add vanilla. Spread over cake.

ORANGE BUTTER ICING

Betty Ratzlaff

- **2 1/2 T. softened butter**
- **2 tsp. grated orange rind**
- **1 1/2 c. sifted confectioners' sugar**
- **1 1/2 T. orange juice**

Blend sugar and butter. Stir in orange juice and rind until smooth. Makes icing for dozen cookies.



Potpourri

Vinegar can remove spots caused by tomatoes. Soak spot with vinegar and wash as usual.

To freshen your dishwasher run it on rinse with some baking soda.

Drops of oil of cinnamon, cotton balls soaked in your favorite perfume or disinfectant will leave room smelling fresh after you vacuum.

Things to keep in the kitchen: a ruler, scissors, small hammer, flashlight, candle and matches, and tape.

Egg whites need to be room temperature for greater volume when whipped.

To freeze eggs: Spray ice cube trays with oil. Beat eggs and add ¾ teaspoon sugar and ¼ teaspoon salt for every ½ dozen. Pour into trays and freeze firm. Store in airtight containers in freezer. One cube equals one egg.

A leaf of lettuce dropped into the pot absorbs the grease from the top of the soup. Remove the lettuce and throw it away as soon as it has served its purpose.

Use steel wool covered with fabric for a pin and needle sharpener.

Attach curtain rings on drawstring ties and the ties won't come out.

Separate 2 glasses by filling the inside one with cold water and setting the other in hot.

Have you heard: A wife can throw out with a spoon what it takes a man to bring in with a shovel! Use of a spatula can save some hard earned money.

Old Amish Proverb: Eat it up, wear it out, make it do, or do without!

Organize coloring books and crayons with a dish drainer.

For quick and handy seasoning while cooking, keep on hand a large shaker containing six parts of salt and one of pepper.

Line crockpot with foil for easy clean up.

Measure shortening easily by using measure twice the size needed. Pour in equal amount of very cold water and drop shortening in by spoonfuls to twice the measure.

Before scalding milk, rinse pan with cold water for easy clean up.

THIS & THAT

ELEPHANT STEW

Don Simmons

1 elephant	Brown gravy
Salt and pepper	3 rabbits

Cut elephant into bite-sized pieces. This will take about 4 months. Cook over kerosene fire at 525° for 5 months. Add salt and pepper. Cover with brown gravy. Serves 3,800 people. If more people arrive then expected, add 3 rabbits. Do this only if absolutely necessary, as most people do not like hare in their soup.

BOURBON BALLS

Bob Simmons

1 (12-oz.) box vanilla wafers, crushed
1/2 c. cocoa
1 c. chopped nuts
2 T. light syrup
1/2 c. bourbon
1 1/2 c. powered sugar

Mix wafers with cocoa and nuts; dissolve syrup with bourbon; blend all together; chill and form into small balls and roll in powdered sugar. Refrigerate for 2 hours.

WHISKEY BOURBON BALLS

Connie Burnett

65 crushed vanilla wafers
1 (6-oz.) pkg. semi-sweet choc. chips
3 T. corn syrup
1 c. chopped nuts
1/2 c. sugar
1/2 c. bourbon

In a 2-quart bowl have ready 65 crushed vanilla wafers with 1 cup finely-chopped nutmeats. In a 1-quart double boiler, melt one 6-ounce package semi-sweet chocolate chips; when melted turn off the heat; add 1/2 cup sugar and 3 tablespoons corn syrup. Slowly blend in 1/2 cup bourbon; combine this mixture with the vanilla wafers; mix thoroughly; form into one-inch balls and roll in powdered sugar.

HOLIDAY POPCORN BALLS

Connie Burnett

20 vanilla caramels
1/4 c. butter
10 c. popped corn
1/2 lb. cocktail peanuts
2 1/2 c. min. marshmallows
1/4 c. salad oil
1/2 lb. M&M's

Melt in double boiler the caramels, marshmallows, butter and salad oil. Stir constantly until mixed and creamy. Mix popcorn, M&M's and nuts. Mix sauce with it. Press into a well-buttered pan. (I use any kind of peanuts. At holiday time the Hershey Company are now making M&M's that fit holiday season.)

PEANUT CARAMEL CORN

Jo Ann Barb

½ c. white syrup
½ c. honey
1 c. sugar
1 c. peanut butter
1 tsp. vanilla
3 qts. popped corn

Bring sugar, honey and syrup to boil for 2 minutes. Add peanut butter and vanilla. Stir until good and creamy, then pour over popped corn. Spread out on waxed paper to cool.

BIEROCKS

Connie Burnett

1 pkg. dry yeast
2 c. water, warm
¼ c. melted shortening
6-7 c. flour
1 med. onion
Salt and pepper, to taste
¼ c. warm water (for yeast)
½ c. sugar
2 tsp. salt
1½ lbs. hamburger
Med. head cabbage

Add yeast mixture to water, sugar, shortening and salt. Add the flour until dough is medium stiff, then turn out on bread board; knead until smooth and satiny. Put in greased bowl; let rise until double, about 1½ hours. Punch down and let rise again; divide dough into 2 equal parts; roll dough out on board and cut into 4-inch or 5-inch squares, then add the cabbage and hamburger mixture. Pull the bread dough up to the center; pinch shut; turn over and bake for 30 minutes at 350°. **Hamburger and Cabbage mixture:** Fry 1½ pounds hamburger and one medium onion chopped together in skillet. Drain. Cut one medium-sized head of cabbage and put in heavy kettle, which a little greased has been added. Salt and pepper to taste; add hamburger and onion; cook until cabbage is tender. Drain off excess grease before putting on bread dough.

MAC AND CHEESE

Peg Weikal

1 box macaroni and cheese mix
1 c. grated colby cheese
1 tsp. prepared mustard

Cook macaroni as directed on box (add butter, milk and cheese packet). Stir in mustard. Put ½ the grated cheese in greased casserole dish. Add macaroni and mixture. Top with remaining cheese. Bake or microwave until cheese melts.

THREE-MINUTE DUMPLINGS

Verla Bookless

1 egg, beaten lightly
½ (scant) c. water
1 c. flour
2 tsp. baking powder
Pinch salt

Mix all together. Drop by spoonfuls into boiling liquid from chicken or other cooked meats. Cover; boil three minutes.

CRISPY CHUNK SWEET PICKLES

Karin Roubideaux

1 qt. cider vinegar	**2 T. mixed pickling spice**
8 c. sugar	**2 T. salt**

Take 14-20 dill-sized pickles, wash and pour boiling water over once a day for 4 days. The fifth day, cut pickles and pour hot syrup over them. The sixth day, drain off syrup into pan; heat to boiling and pour back on pickles. The seventh day, heat syrup to boiling, then add pickles and bring to a boil. Pack in sterile jars and seal hot. You may add 2 or 3 drops green coloring to the syrup the last day.

HOMEMADE BOLOGNA

Mary Alexander

2 lbs. hamburger	**2 T. Morton's Tender Quick**
1/8 tsp. garlic powder	**1 c. water**
1/2 T. liquid smoke	**¼ tsp. onion powder**

Combine all ingredients and mix real well. Make three rolls 6 inches long; wrap in Saran Wrap and store in refrigerator for 24 hours. After 24 hours, remove from Saran Wrap and bake at 350° for 1 hour.

WHEAT MICRO-CHIPS

Connie Burnett

1 c. whole-wheat flour	**1/2 tsp. salt**
1 1/2 tsp. brown sugar	**3 tsp. sesame seeds**
1/4 c. margarine	**3 T. and 1 tsp. cold water**

Combine flour, salt, brown sugar and sesame seeds. Cut in margarine with pastry blender until particles are coarse. Sprinkle just enough cold water over mixture while stirring to hold mixture together. Roll out evenly on a floured surface until 1/8 inch thick or less. Cut into 1-inch squares. A pizza cutter works well. Use a cutter with a scalloped wheel for pretty edges. Arrange close together on lightly-oiled microwave baking sheet, rotating often. Remove to paper toweling to cool. (You can use a large glass pie plate instead of a microwave dish.)

SOYNUTS

Connie Burnett

1 tsp. salt	**3 c. water**
1 c. soybeans	**Hot soybean oil**

Soak one cup of soybeans in water and salt overnight. Drain thoroughly. Deep fry in hot soybean oil, 350° for about 10 minutes. Beans will be golden brown and rise to top. Sprinkle with salt or other seasonings.

SNACK 'N WHEAT

Connie Burnett

Wheat

Drain cooked wheat in sieve and place on paper towels. Salt lightly. Allow to partially dry by placing in a shallow pan and in the oven at 300° for about 10 minutes. Preheat fat to 360°-375° in small, deep pan. Carefully place a small amount of wheat in hot fat and when kernels rise to surface, remove with slotted spoon and place on paper towel to absorb excess grease. **To make crispier:** Place fried wheat kernels in pie pan and roast at 350°, 8-10 minutes. Serve on salads or eat as a snack.

PARTY MIX

Gloria Gehring

½ c. bacon fat
1½ sticks oleo
1½ tsp. garlic powder
1 T. Tabasco sauce
1 T. Worcestershire sauce
1½ tsp. seasoned salt

17 c. Cheerios (8 oz.)
14 c. Rice or Corn Chex (12 oz.)
1 (10-oz.) box pretzels
1 can mixed nuts
½ c. sunflower seeds (opt.)
1 very large roasting pan

Combine all the ingredients on the left column in a small saucepan and heat only until the oleo and bacon fat are dissolved. Stir until the seasoned salt is dissolved. Cool until it is room temperature. Place the ingredients on the right column into the large roasting pan. Pour on the seasoned mixture and stir for at least 5 minutes. Bake at 250° for 2 hours, stirring every 20 minutes.

BARBECUE SAUCE

Richard Alexander

2 (14-oz.) bottles ketchup
1 (12-oz.) bottle chili sauce
⅓ c. prepared mustard
1 T. dry mustard
1½ c. firmly-packed brown sugar
2 T. coarse, freshly-ground pepper
1½ c. wine vinegar

Minced or crushed garlic, if desired
1 c. fresh lemon juice
½ c. bottled thick steak sauce
Dash Tabasco or to taste
¼ c. Worcestershire sauce
1 T. soy sauce
2 T. salad oil
1 (12-oz.) can beer

Combine all ingredients except the garlic and mix well. Pour into pint jars to store. This sauce may be stored for several weeks in the refrigerator. For longer storage, freeze in freezer. About an hour before using the sauce, add the garlic, if desired. Makes about 6 pints.

CORN DOGS

Phyllis Spence

1 c. flour
1 1/2 tsp. baking powder
2/3 c. cornmeal
1 egg
2 T. sugar
1 tsp. salt
2 T. shortening or oil
3/4 c. milk

Mix all ingredients together and dip in hot dogs or wieners; deep fat fry 3-5 minutes, until done.

PUPPY CHOW (For People)

Jaunita Jacobs
Retired

1 c. milk choc. chips
1 stick butter or margarine
8 c. Rice Chex
1 c. peanut butter
1 1/2 c. powdered sugar

Melt chips, peanut butter and butter. Place Rice Chex in brown paper grocery bag. Pour melted mixture over Chex; close bag and shake until Chex are evenly coated. Allow to cool. Add powdered sugar and shake to coat.

HOT SAUCE

Verla Bookless

1 T. garlic
3 T. salt
10 red hot peppers
1 T. cumino
3 jalapeno peppers
7 (303) cans whole tomatoes

Put in blender together with 1 can of tomatoes. Pour in bowl. Put 6 cans of tomatoes into blender. Mix together. Makes 1 gallon.

APRICOT JELLY

Nina Dreiling

6 c. zucchini
6 c. sugar
2 (3-oz.) boxes apricot Jello
2 c. water
1/4 c. lemon juice
1 (8-oz.) can crushed pineapple, drained

Boil zucchini and water. Should have 6 cups after it is cooked. Drain and mash. Cook sugar, lemon juice, apricot Jello and pineapple 10 minutes. Add 1 box pectin. Cook 3 minutes or longer. Fill hot jars. Yield: 4-5 pints.

FRENCH NOODLES

Willie Woods

4 lbs. hamburger
1 pkg. noodles
1 pt. ketchup

Brown hamburger until done; drain grease. Boil noodles 8 minutes or to taste. Mix with ketchup and then Pig Out!

Recipe Favorites

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HOUSEHOLD HINTS

In a hurry - Place one cut-up fryer in an oblong baking pan. Combine 1 can cream of mushroom soup, 1 cup sour cream, and 3 tablespoons dry onion soup mix. Spread over chicken and bake at 350°, covered, for about 2 hours.

After stewing a chicken for diced meat for casseroles, etc., let cool in broth before cutting into chunks - It will have twice the flavor.

For a brown crust on roasted chicken - rub mayonnaise generously over the skin before cooking.

To slice meat into thin strips, as for stroganoff or Chinese dishes - partially freeze and it will slice easily.

A roast with the bone in will cook faster than a boneless roast - the bone carries the heat to the inside of the roast quicker.

Never cook a roast cold - let stand for at least an hour at room temperature. Brush with oil before and during roasting - the oil will seal in the juices.

For a juicier hamburger add cold water to the beef before grilling (1/2 cup to 1 pound of meat).

Save the juices from your spiced fruits and other canned fruits - use them to pour over ham slices while baking.

To freeze meatballs, place them on a cookie sheet until frozen. Place in plastic bags and they will stay separated so that you may remove as many as you want.

To keep cauliflower white while cooking - add a little milk to the water.

When boiling corn add sugar to the water instead of salt. Salt will toughen the corn.

To ripen tomatoes - put them in a brown paper bag in a dark pantry and they will ripen overnight.

Do not use soda to keep vegetables green. It destroys Vitamin C.

When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage, and it will absorb all odor from it.

Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.

Let raw potatoes stand in cold water for at least half an hour before frying to improve the crispness of French-fried potatoes.

Use greased muffin tins as molds when baking stuffed green peppers.

A few drops of lemon juice in the water will whiten boiled potatoes.

Buy mushrooms before they "open." When stems and caps are attached snugly, mushrooms are truly fresh.

To cook "below the ground" vegetables (such as potatoes, carrots, turnips), place in cold water and bring to a boil. Add "above the ground" vegetables (corn, peas, beans) to water already boiling.

Don't despair if you've oversalted the gravy. Stir in some instant mashed potatoes, and you'll repair the damage in a jiffy. Just add a little more liquid to offset the thickening.

Scissors are a great convenience for cutting celery, cucumbers, parsley, mint, lettuce, etc.; much quicker and better than using a knife.

To keep celery crisp - stand it up in a pitcher of cold, salted water and refrigerate.

Lettuce keeps better if you store in refrigerator without washing first so that the leaves are dry. Wash the day you are going to use.

Do not use metal bowls when mixing salads. Use wooden, glass or china.

EQUIVALENTS & SUBSTITUTIONS

EQUIVALENTS

3 teaspoons	1 tablespoon
4 tablespoons	1/4 cup
5 1/3 tablespoons	1/3 cup
8 tablespoons	1/2 cup
10 2/3 tablespoons	2/3 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup
1/2 cup	1 gill
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
32 ounces	1 quart
8 ounces liquid	1 cup
1 ounce liquid	2 tablespoons

(For liquid and dry measurements use standard measuring spoons and cups. All measurements are level.)

EMERGENCY SUBSTITUTIONS

1 c. sifted cake flour	1 c. minus 2 T. sifted all-purpose flour or 7/8 c.
1 c. self-rising flour	1 c. all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
1 T. cornstarch (for thickening)	2 T. flour or 2 tsp. quick-cooking tapioca
1 tsp. baking powder	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
1 tsp. baking powder	1/4 tsp. baking soda plus 1/2 c. buttermilk or sour milk (to replace 1/2 c. liquid in recipe)
1 c. powdered sugar	1 c. granulated sugar plus 1 tsp. cornstarch. Whirl in blender or processor until powdered.
1/2 c. brown sugar	2 T. molasses in 1/2 c. granulated sugar
1 1/3 c. firmly-packed brown sugar	1 c. granulated sugar
1 c. sour milk	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes)
1 c. whole milk	1/2 c. evaporated milk plus 1/2 c. water or 1 c. reconstituted non-fat dry milk plus 1 T. butter, or 1/3 c. dry milk plus 1 c. water
1 c. thin cream (18-20%)	7/8 c. milk plus 3 T. fat
1 c. heavy cream (36-40% fat)	3/4 c. milk plus 1/3 c. fat
3/4 c. cracker crumbs	1 c. bread crumbs
1 sq. (1 oz.) chocolate	3 or 4 T. cocoa plus 1 T. butter or margarine
1 T. fresh herbs	1 tsp. dried herbs
1 sm. fresh onion	1 T. instant minced onion, rehydrated
1 tsp. dry mustard	1 T. prepared mustard
1 c. tomato juice	1/2 c. tomato sauce plus 1/2 c. water
1 c. catsup or chili sauce	1 c. tomato sauce plus 1/2 c. sugar and 2 T. vinegar (for use in cooking)
1 lb. dates	1 1/2 c. dates, pitted and cut
3 med. bananas	1 c. mashed
10 miniature marshmallows	1 lg. marshmallow

In substituting cocoa for chocolate in cakes, the amount of flour must be reduced.

Brown and White Sugars: Usually may be used interchangeably, measure for measure. Brown sugar must be firmly packed.

EQUIVALENCY CHART

3¾ cups unsifted whole-wheat flour	1 pound
4 cups sifted all-purpose flour	1 pound
4½ cups sifted cake flour	1 pound
5 cups rye flour	1 pound
1 pound flour	4 cups
5½ ounces baking powder	1 cup
3 cups cornmeal	1 pound
3 cups cornstarch	1 pound
1 medium lemon	3 tablespoons juice
5-8 medium lemons	1 cup juice
1 medium apple, chopped	1 cup
1 medium orange	⅓ cup juice
3-4 medium oranges	1 cup juice
1 medium onion, chopped	½ cup
1 pound unshelled walnuts	1½ to 1¾ cups shelled
2 cups sugar	1 pound
3½ cups powdered sugar	1 pound
2½ cups brown sugar	1 pound
7 ounces spaghetti	4 cups cooked
4 ounces uncooked noodles (1½-2 cups)	2-3 cups cooked
4 ounces uncooked macaroni (1-1¼ cups)	2¼ cups cooked
6 cups cooked macaroni	8-ounce package
7 cups cooked noodles	8-ounce package
1 cup uncooked long-grain rice	3-4 cups cooked
28 saltine crackers	1 cup fine crumbs
1 stick or ¼ lb. butter	½ cup
2 tablespoons fat	1 ounce
½ cup fat	¼ pound or 1 stick
1 cup fat	½ pound
2 cups fat	1 pound
4 cups cocoa	1 pound
1 ounce bitter chocolate	1 square
2⅔ cups coconut	1½-pound carton
16 marshmallows	¼ pound
14 square graham crackers	1 cup fine crumbs
22 vanilla wafers	1 cup fine crumbs
1½ slices bread	1 cup soft crumbs
1 slice bread	¼ cup fine dry crumbs
8-10 egg whites	1 cup
10-12 egg yolks	1 cup
1 egg	4 tablespoons liquid
4-5 whole eggs	1 cup
3¼-ounce package flavored gelatin	½ cup
¼-ounce package unflavored gelatin	1 tablespoon
1 cup chopped nuts	¼ pound
3½ cups almonds	1 pound
3 cups walnuts (broken)	1 pound
3¼ cup seeded raisins	15-ounce package
3 cups seedless raisins	15-ounce package
1 pound raisins	3½ cups
2⅓ cups rice	1 pound
5 cups grated American cheese	1 pound
2⅔ cups cubed American cheese	1 pound
6⅔ tablespoons cream cheese	3-ounce package
4 coarsely-crumbled zweiback	1 cup
9 finely-crumbled zweiback	1 cup
Grated peel of lemon	1 tablespoon
Grated peel of orange	2 tablespoons
1 medium banana, mashed	⅓ cup
1 pound carrots	4 medium or 6 small; 3 cups shredded; 2½ cups diced
5 cups ground coffee	1 pound
1 cup whipping cream	2 cups whipped
1 cup evaporated milk	3 cups whipped

BAKING PERFECT BREADS

PROPORTIONS

Biscuits	To 1 cup flour use 1 1/4 teaspoons Baking Powder
Muffins	To 1 cup flour use 1 1/2 teaspoons Baking Powder
Popovers	To 1 cup flour use 1 1/4 teaspoons Baking Powder
Waffles	To 1 cup flour use 1 1/4 teaspoons Baking Powder
Cake with fat	To 1 cup flour use 1 teaspoon Baking Powder

RULES FOR USE OF LEAVENING AGENTS

1. To 1 teaspoon soda use 2 1/4 teaspoons cream of tartar, or 2 cups freshly soured milk, or 1 cup molasses.
2. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount 1/2 teaspoon for each egg used.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure of and add the acid according to rule 1 above.

PROPORTIONS FOR BATTERS AND DOUGH

Pour Batter	To 1 cup liquid use 1 cup flour
Drop Batter	To 1 cup liquid use 2 to 2 1/2 cups flour
Soft Dough	To 1 cup liquid use 3 to 3 1/2 cups flour
Stiff Dough	To 1 cup liquid use 4 cups flour.

HINTS FOR BAKING BREADS

Kneading the dough for a half minute after mixing improves the texture of baking powder biscuits.

Use cooking or salad oil in waffles and hot cakes in the place of shortening. No extra pan or bowl to melt the shortening and no waiting.

When bread is baking, a small dish of water in the oven will help to keep the crust from getting hard.

Dip the spoon in hot water to measure shortening, butter, etc., the fat will slip out more easily.

Small amounts of leftover corn may be added to pancake batter for variety.

To make bread crumbs, use fine cutter of the food grinder and tie a large paper bag over the spout to prevent flying crumbs.

When you are doing any sort of baking, you get better results if you remember to preheat your cookie sheet, muffin tins, or cake pans.

OVEN TEMPERATURE CHART

Breads	Minutes	Temperature
Loaf	50-60	350°-400°
Rolls	20-30	400°-450°
Biscuits	12-15	400°-450°
Muffins	20-25	400°-450°
Popovers	30-40	425°-450°
Corn Bread	25-30	400°-425°
Nut Bread	50-75	350°
Gingerbread	40-50	350°-370°

BAKING PERFECT DESSERTS

FOR PERFECT COOKIES

Cookie dough that is to be rolled is much easier to handle after it has been in a cold place 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. In rolling, take out on a floured board, only as much dough as can be managed easily. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges. When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.

FOR PERFECT PIES AND CAKES

A pie crust will be more easily made and better if all the ingredients are cool.

The lower crust should be placed in the pan so that it covers the surface smoothly. Be sure no air lurks beneath the surface, for it will push the crust out of shape in baking.

Folding the top crust over the lower crust before crimping will keep the juices in the pie.

In making custard type pies, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.

Fill cake pans about two-thirds full and spread batter well into corners and to the sides, leaving a slight hollow in the center.

The cake is done when is shrinks from the sides of the pan or if it springs back when touched lightly with the finger.

After a cake comes from the oven, it should be placed on a rack for about five minutes. Then the sides should be loosened and the cake turned out on a rack to finish cooling.

Cakes should not be frosted until thoroughly cool.

If you want to make a pecan pie and haven't any nuts, substitute crushed cornflakes. They will rise to the top the same as nuts and give a delicious flavor and crunchy surface.

To prevent crust from becoming soggy with cream pie, sprinkle crust with powdered sugar.

Cut drinking straws into short lengths and insert through slits in pie crusts to prevent juices from running over in the oven and permit steam to escape.

TEMPERATURE CHART

Food	Temperature	Time
Butter Cake, loaf	360°-400°	40-60 min.
Butter Cake, layer	380°-400°	20-40 min.
Cake, angel	300°-360°	50-60 min.
Cake, sponge	300°-350°	40-60 min.
Cake, fruit	275°-325°	3-4 hours
Cookies, thin	380°-390°	10-12 min.
Cookies, molasses	350°-375°	18-20 min.
Cream Puffs	300°-350°	45-60 min.
Meringues	250°-300°	40-60 min.
Pie Crust	400°-500°	20-40 min.

SEASONING GUIDE

Get acquainted with spices and herbs. Add in small amounts, 1/4 teaspoon for each 4 servings. Taste before adding more. Crush dried herbs or snip fresh herbs before using. If substituting fresh for dried, use 3 times more fresh herbs.

Appetizers, Soups

CRANBERRY JUICE: Add cinnamon, allspice, and/or cloves. Serve hot or chilled.

FRUIT COCKTAIL: Try adding mint or rosemary.

STUFFED CELERY: Mix caraway seed with cream cheese; fill celery. Dash with paprika.

TOMATO COCKTAIL: Add 1/4 teaspoon dried basil per cup.

CHICKEN SOUP: Add a dash of rosemary, tarragon, or nutmeg. Sprinkle paprika atop for color.

CLAM CHOWDER: Add a dash of caraway seed, sage or thyme.

CONSOMME: Dash in basil, marjoram, savory or tarragon.

FISH CHOWDER: Add bay leaves, curry powder or dill.

MUSHROOM SOUP: Season with curry, oregano or marjoram.

ONION SOUP: Add marjoram.

OYSTER STEW: Lightly add cayenne, mace or marjoram.

POTATO SOUP: Dash with mustard or basil. Top with snipped chives or parsley.

SPLIT-PEA SOUP: Add dash basil, chili powder or rosemary.

TOMATO SOUP: Dash in basil, dill, oregano, sage or tarragon.

VEGETABLE SOUP: Try allspice, oregano, sage or thyme.

Breads, Pasta

BISCUITS: Add caraway seed, thyme or savory to flour. Serve with meat.

BREAD: Make each loaf a surprise by adding caraway seed, cardamom or poppy seed.

COFFEE CAKE: Mix crushed aniseed in batter. For variety, sprinkle cinnamon-sugar mixture atop or add poppy seed filling.

CORN BREAD: Add poultry seasoning or caraway seed to dry ingredients. Be adventuresome, add 1/2 teaspoon rosemary to batter.

CROUTONS: Toss toast cubes in melted butter seasoned with basil, marjoram or onion salt.

DOUGHNUTS: Add mace or nutmeg to dry ingredients. After frying, roll in cinnamon sugar.

DUMPLINGS: Add thyme or parsley (fresh or flakes) to batter.

MUFFINS: Blueberry - add dash of nutmeg to dry ingredients. Season plain muffins with caraway seed or cinnamon.

NOODLES: Butter, then sprinkle with poppy seed.

ROLLS: Add caraway seed. Or, sprinkle with sesame seed.

SPAGHETTI: Toss with butter, Parmesan and snipped chives.

WAFFLES: Add poultry seasoning to batter, serve with creamed chicken. Or add cardamom to honey; pour over waffles.

Eggs, Cheese

BAKED EGGS: Sprinkle dash of thyme or paprika over the top.

CREAMED EGGS: Add mace.

DEVILED EGGS: Add celery seed, cumin, mustard, savory, chili powder or curry powder.

OMELET: Try with dash of marjoram or rosemary (go easy!).

SCRAMBLED EGGS: Sprinkle lightly with basil, thyme, rosemary or marjoram. Add seasoning near the end of cooking.

SOUFFLE: Add 1/4 teaspoon marjoram to 4-egg souffle. To cheese souffle, add basil or savory.

CHEESE CASSEROLES: Spark with dash sage or marjoram.

CHEESE FONDUE: Try adding a dash of basil or nutmeg.

CHEESE RABBIT (rarebit): Try with mace or mustard.

CHEESE SAUCE: Add mustard or a dash of marjoram or thyme.

CHEESE SPREAD: Blend sage, caraway seed, thyme or celery seed into melted process cheese.

COTTAGE CHEESE: Blend in chives or a dash of sage, caraway seed, dill, anise, or cumin. Prepare several hours ahead of time.

CREAM CHEESE: Blend in curry powder, marjoram, caraway seed, or dill. Sprinkle paprika or cayenne atop. Use as celery filling or appetizer spread.

CHEESE GUIDE

Cheese	How it looks and tastes	How to serve
American, Cheddar	Favorite all-around cheeses. Flavor varies from mild to sharp. Color ranges from natural to yellow-orange; texture firm to crumbly.	In sandwiches, casseroles, souffles, and creamy sauces. With fruit pie or crisp crackers, on a snack or dessert tray with fruit.
Blue, Gorgonzola, Roquefort	Compact, creamy cheeses with blue or blue-green mold. Sometimes crumbly. Mild to sharp flavor. (Stilton is similar, but like a blue-veined Cheddar).	Crumble in salads, salad dressings, dips. Delicious with fresh pears or apples for dessert. Blend with butter for steak topper. Spread on crackers or on crusty French or Italian bread.
Brick	Medium firm; creamy yellow color, tiny holes. Flavor very mild to medium sharp.	Good for appetizers, sandwiches, or desserts. Great with fresh peaches, cherries, or melons.
Brie (bree)	Similar to Camembert, but slightly firmer. Distinctive sharp flavor, pronounced odor.	Serve as dessert with fresh fruit. Be sure to eat the thin brown and white crust.
Camembert	Creamy yellow with thin gray-white crust. When ripe, it softens to the consistency of thick cream. Full, rich, mildly pungent.	Classic dessert cheese - serve at room temperature with fresh peaches, pears, or apples, or with toasted walnuts and crackers.
Cottage	Soft, mild, unripened cheese; large or small curd. May have cream added.	Used in salads, dips, main dishes. Popular with fresh and canned fruit.
Cream	Very mild-flavored soft cheese with buttery texture. Rich and smooth. Available whipped and in flavored spreads.	Adds richness and body to molded and frozen salads, cheesecake, dips, frostings, sandwich spreads. Serve whipped with dessert.
Edam, Gouda	Round, red-coated cheeses; creamy yellow to yellow-orange inside; firm and smooth. Mild nutlike flavor.	Bright hub for dessert or snack tray. Good in sandwiches or crunchy salads, or with crackers. Great with grapes and oranges.
Liederkranz, Limburger	Robust flavor and highly aromatic. Soft and smooth when ripe. Liederkranz is milder in flavor and golden yellow in color. Limburger is cream white.	Spread on pumpernickel, rye, or crackers. Team with apples, pears, and Tokay grapes. Serve as snack with salty pretzels and coffee.
Swiss	Firm, pale yellow cheese, with large round holes. Sweet nutlike flavor.	First choice for ham-cheese sandwiches, fondue. Good in salads, sauces, as a snack.
Process cheeses	A blend of fresh and aged natural cheeses, pasteurized and packaged. Smooth and and creamy, melts easily. May be flavored.	Ideal for cheese sauces, souffles, grilled sandwiches, in casseroles. Handy for the snack tray, too!
Mozzarella, Scamorze	Unripened. Mild-flavored and slightly firm. Creamy white to pale yellow.	Cooking cheese. A "must" for pizza, lasagne; good in toasted sandwiches, hot snacks.
Muenster (mun'stir)	Between Brick and Limburger. Mild to mellow flavor, creamy white. Medium hard, tiny holes.	Use in sandwiches or on snack or dessert tray. Good with fresh sweet cherries and melon wedges.

TERMS AND DEFINITIONS

Au gratin: Topped with crumbs and/or grated cheese and browned in the oven or under the broiler.

Au jus: Served in its own juices (particularly when speaking of roast beef).

Baste: To pour or spoon pan drippings, marinade, or cooking juices over meats while cooking to prevent drying out and to add flavor.

Bisque: A thick cream soup.

Blanch: To immerse in rapidly boiling water and allow to cook slightly; to parboil.

Boil: To heat a liquid until large bubbles break on the surface. The boiling temperature of water at sea level is 212° F (100°C). A **rolling boil** is simply a vigorous boil. The **boiling point** is reached when a liquid is heated just until it begins to form bubbles.

Bone: To remove the bones from meat, poultry, or fish, to "debone."

Braise: To brown meat, lightly coated in flour, over high heat in a small amount of fat, or under broiler, and then to simmer it in seasoned liquids in a covered pot.

Bread: To cover with fine dry bread crumbs before cooking.

Cream: To soften a fat, especially butter, by beating it at room temperature. Butter and flour or butter and sugar are often creamed together, to make a smooth, soft paste.

Crimp: To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

Crudites: An assortment of raw vegetables (sliced carrots, celery, mushrooms, broccoli flowerets, cauliflower flowerets, and so on) served as an hors d'oeuvre often accompanied by a dip.

Cube: To cut into cubes 1/2 inch on a side or larger. See also **dice** and **mince.**

Curdle: To clot or coagulate (particularly when speaking of milk, cream, and such sauces as cream sauces and hollandaise).

Cut in: To combine solid fats and dry ingredients, especially shortening and flour, by chopping with two knives or with a pastry blender.

Degrease: To remove fat from the surface of stews, soups, or stock. Usually, the latter is allowed to cool in the refrigerator, so that fat hardens and is easily removed.

Dice: To cut into cubes less than 1/2 inch in size. See also **cube** and **mince.**

Dredge: To coat lightly with flour, cornmeal, etc.

Drippings: Juices and browned particles that collect in the bottom of the pan in which meat or poultry has been roasted; used to enrich and flavor sauces and gravies.

Entree: The main course.

Fillet: To debone meat or fish. A **fillet** is the resulting tenderloin of beef or piece of fish without bones.

Fines herbes: A mixture of finely minced herb, usually parsley, tarragon, chervil, and chives. Used to flavor omelets, mayonnaise, and salad dressings.

Flake: To separate into small pieces in the direction of the grain; used particularly when speaking of fish.

Fold: To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top; the process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

Fricassee: Braised meat or poultry. To cooking liquid is usually a white sauce.

Fry: Pan-fry. To cook food in hot oil or fat, usually over direct heat. The food is not stirred, but is simply cooked on one or both sides. **Deep-fat fry.** To cook food by immersing it completely in heated fat. **Stir-fry.** A Chinese method of preparing meat or vegetables by cooking very rapidly in a frying pan or wok over high heat, stirring constantly. See also **saute.**

Glaze: To cover with a glossy coating, either a concentrated stock for meats or a melted and somewhat diluted jelly for fruit desserts.

Julienne: To cut meats, vegetables, fruits, or cheeses into match-shaped slivers. See also **sliver.**

Macerate: To soak peeled fruits in a mixture of lemon juice, sugar syrup, and wine or a liqueur. (The mixture should be placed in the refrigerator and allowed to steep for at least 2 hours.)

Marinade: Usually a strong flavored liquid, cooked or uncooked, used to make meats tastier and more tender; typically made of wine, olive oil, or a combination of the two, and seasoned with carrots, onion, bay leaf, and other herbs and spices. Other popular marinades are based on soy sauce or lemon juice. A **dry marinade** is a combination of herbs and spices rubbed into meat, which is then allowed to stand before cooking. To **marinate** is to let food stand in marinade, either at room temperature or (for a longer time) in the refrigerator, before cooking. Most recipes specify the length of time to marinate; recipes can vary from 1/2 hour to overnight to a couple of days.

Meuniere: Dredged with flour and sauteed in butter.

Mince: To chop into very small pieces. See also **cube** and **dice.**

Parboil: To boil until partially cooked; to **blanch.** Usually, this procedure is followed by final cooking in a seasoned sauce.

Pare: To remove the outermost skin of a fruit or vegetable.

Plump: To soak dried fruit, most often raisins, in warm water before cooking or adding to batter.

Poach: To cook very gently in hot liquid kept just below the boiling point.

Puree: To mash foods until perfectly smooth by hand, by rubbing through a sieve or food mill, or by whirling in a blender or food processor.

Reduce: To boil down a liquid until the quantity has decreased to about half of its original volume; its flavor becomes more concentrated.

Refresh: To run cold water over food that has been parboiled, to stop the cooking process quickly.

Render: To obtain fat from small pieces of meat by heating until it melts. Sometimes called **trying out.**

Roux: Pronounced **Roo.** A mixture of flour and butter used as the base for a sauce. **White roux** is cooked briefly without browning (to make sure that the sauce will not have a raw-flour flavor); for a **brown roux,** the flour-butter mixture is allowed to brown evenly before the liquid is added.

Saute: To cook and/or brown food in a small quantity of very hot fat, stirring or turning frequently. See also **fry.**

Scald: To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

Score: To cut shallow slits or lines into meat or fish, usually in a diamond pattern. As well as being decorative, scoring allows seasonings to penetrate more easily. Score the fat edge of steaks to be broiled, to keep them from curling.

Sear: To brown and seal the surface of meat quickly, in a very hot oven or in a frying pan, over high heat.

Simmer: To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

Sliver: To cut into long thin pieces. See also **julienne.**

Steep: To let food stand in (hot) liquid to extract or to enhance flavor, like tea in hot water or poached fruits in sugar syrup.

Supreme: The breast of a fowl (usually boned).

Toss: To combine ingredients gently with a lifting motion.

Truss: To fasten the wings and legs of poultry, with skewers or string, before cooking.

VEGETABLE TIME TABLE

Asparagus Tips:	Boiled	10-15 minutes
Artichokes, French:	Boiled	40 minutes
	Steamed	45-60 minutes
Bean, Lima, depending on age:	Boiled	20-40 minutes
	Steamed	60 minutes
Bean, String:	Boiled	15-35 minutes
	Steamed	60 minutes
Beets, young with skins on:	Boiled	30 minutes
	Steamed	60 minutes
	Baked	70-90 minutes
Beets, old:	Boiled or Steamed	1-2 hours
Broccoli, flowerets:	Boiled	5-10 minutes
Broccoli, stems:	Boiled	20-30 minutes
Brussel Sprouts:	Boiled	20-30 minutes
Cabbage, chopped, cut sectional:	Boiled	10-20 minutes
	Steamed	25 minutes
Cauliflower, stem down, whole:	Boiled	20-30 minutes
Cauliflower, flowerets:	Boiled	8-10 minutes
Carrots, cut across:	Boiled	20-30 minutes
	Steamed	40 minutes
Celery, cut in lengths ½ inch:	Boiled	20-30 minutes
	Steamed	45 minutes
Corn, green, tender:	Boiled	5-10 minutes
	Steamed	15 minutes
	Baked	20 minutes
Corn on the Cob:	Boiled	8-10 minutes
	Steamed	15 minutes
Eggplant, whole:	Boiled	30 minutes
	Steamed	40 minutes
	Baked	45 minutes
Onions:	Boiled	25-40 minutes
	Steamed or Baked	60 minutes
Parsnips:	Boiled	25-40 minutes
	Steamed	60 minutes
	Baked	60-75 minutes
Peas, green:	Boiled or Steamed	5-15 minutes
Peppers:	Boiled	20-30 minutes
	Steamed or Baked	30 minutes
Potatoes, depending on size:	Boiled	20-40 minutes
	Steamed	60 minutes
	Baked	45-60 minutes
Potatoes, sweet:	Boiled or Steamed	40 minutes
	Baked	45-60 minutes
Scalloped potatoes:	Baked	60-90 minutes
Pumpkin in cubes:	Boiled	30 minutes
	Steamed	45 minutes
	Baked	60 minutes
Spinach:	Boiled	8-10 minutes
	Steamed	20 minutes
Squash in cubes:	Boiled	20-40 minutes
	Steamed	50 minutes
	Baked	60 minutes
Tomatoes, depending on size:	Boiled	5-15 minutes
	Steamed	50 minutes
	Baked	15-20 minutes
Turnips, depending on size:	Boiled	25-40 minutes

BUYING GUIDE
Fresh Vegetables and Fruits

Experience is the best teacher in choosing quality but here are a few pointers on buying some of the fruits and vegetables.

Asparagus: Stalks should be tender and firm, tips should be close and compact. Choose the stalks with very little white - they are more tender. Use asparagus soon - it toughens rapidly.

Beans, Snap: Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Berries: Select plump, solid berries with good color. Avoid stained containers, indicating wet or leaky berries. Berries such as blackberries and raspberries with clinging caps may be underripe. Strawberries without caps may be too ripe.

Broccoli, Brussel Sprouts, and Cauliflower: Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate insects.

Cabbage and Head Lettuce: Choose heads heavy for size. Avoid cabbage with worm holes, lettuce with discoloration or soft rot.

Cucumbers: Choose long, slender cucumbers for best quality. May be dark or medium green but yellowed ones are undesirable.

Melons: In cantaloupes, thick close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, Grapefruit, and Lemons: Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Orange with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken, or soft areas.

Peas and Lima Beans: Select pods that are well-filled but not bulging. Avoid dried, spotted, yellowed, or flabby pods.

TABLE FOR DRIED FRUITS

Fruit	Cooking Time	Amount of Sugar or Honey
Apricots	About 40 minutes	1/4 c. for each c. fruit
Figs..............	About 30 minutes	1 T. for each c. fruit
Peaches	About 45 minutes	1/4 c. for each c. fruit
Prunes	About 45 minutes	2 T. for each c. fruit

TEMPERATURES IN CANDY MAKING

BOILED FROSTINGS

1 egg white to 1 c. sugar	238-242 degrees, soft ball or thread
2 egg whites to 1 c. sugar	244-248 degrees, soft ball or thread
3 egg whites to 1 c. sugar	254-260 degrees, firm ball or long thread

CANDY THERMOMETER HINTS

To check candy thermometer accuracy, let stand 10 minutes in boiling water. Thermometer should read 212 degrees; if there is any variation, subtract or add to make the same degree of allowance in testing candy.

Thread	230-234 degrees
Soft ball	234-238 degrees
Medium ball	238-244 degrees
Firm ball	244-248 degrees
Hard ball	248-254 degrees
Very hard ball	254-265 degrees
Light crack	265-285 degrees
Hard crack	290-300 degrees
Caramelized sugar	310-338 degrees

Fudge, opera creams, penuche and cream candies	234-236 degrees, soft ball
Fondants (mints, etc.)	238-240 degrees, soft ball
Marshmallows	238-240 degrees, medium ball
Caramel mixtures	246-252 degrees, firm ball
Taffies	265-270 degrees, hard ball
Butterscotch	290-300 degrees, crack
Brittles	300-310 degrees, hard crack

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about ½ teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the **SOFT BALL TEST** the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the **FIRM BALL TEST** the candy will roll into a firm but not hard ball. It will flatten out a few minutes after being removed from water.

In the **HARD BALL TEST** the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the **LIGHT CRACK TEST** the candy will form brittle threads which will soften on removal from the water.

In the **HARD CRACK TEST** the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In **CARAMELIZING**, the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

MICROWAVE HINTS

1. Place on open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1 1/2 to 2 minutes for 1/2 pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30-45 seconds; and one-half gallon 45 seconds to one minute.
3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2 1/2 minutes. One 3-ounce package of cream cheese will soften in 1 1/2 to 2 minutes.
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping...a 4 1/2 ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
7. Soften Jello that has set up too hard—perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
8. Heat hot packs in a microwave oven. A wet finger tip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
9. To scald milk, cook 1 cup milk for 2 to 2 1/2 minutes, stirring once each minute.
10. To make dry bread crumbs, cut 6 slices bread into 1/2-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
11. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
12. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nutmeats will slip out whole after cracking the shell.
13. For stamp collectors: place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
14. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
15. When preparing chicken in a dish, place meaty pieces around the edges and the boney pieces in the center of the dish.
16. Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as the mold.
17. Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down meat-spoiling types of bacteria.
18. A crusty coating of chopped walnuts surrounding many microwave-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium, finely-chopped walnuts evenly onto the bottom and sides of a ring pan or bundt cake pan. Pour in batter and microwave as recipe directs.
19. Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.
20. Heat left-over custard and use it as frosting for a cake.
21. Melt marshmallow creme in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
22. Toast coconut in the microwave. Watch closely as it browns quickly once it begins to brown. Spread 1/2 cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.

TABLE OF CALORIES

BEVERAGES

Apple juice, 6 oz.	90
Beer, 8 oz.	100-115
Cola type, 12 oz.	115
Cranberry juice, 6 oz.	115
Gin, whiskey, 1 1/2 oz.	
vodka (86 proof)	105
(80 proof)	95
Ginger ale, 12 oz.	115
Grape juice (prepared from frozen concentrate), 6 oz.	142
Lemonade (prepared from frozen concentrate), 6 oz.	85
Milk	
protein fortified, 1 c.	105
skim, 1 c.	90
whole, 1 c.	160
Orange juice, 6 oz.	85
Pineapple juice (unsweetened), 6 oz.	95
Root beer, 12 oz.	150
Sherry (dry), 3 oz.	110
Tonic (quinine water), 12 oz.	132
Wine (table), 3 1/2 oz.	85

BREAD

Muffins	
blueberry, 1 muffin	110
corn, 1 muffin	125
English, 1 muffin	280
Pumpernickel, 1 slice	75
Rye, 1 slice	60
White, 1 slice	60-70
Whole wheat, 1 slice	55-65

BUTTER OR MARGARINE, 1 T.

BUTTER OR MARGARINE, 1 T.	100

CEREALS

Cornflakes (plain), 1 c.	96
Granola (plain), 1/2 c.	240
Oatmeal (cooked), 1/2 c.	75
Shredded wheat, 1 c.	146

CHEESE

American, 1 oz.	105
Camembert, 1 oz.	85
Cheddar, 1 oz.	115
Cottage (creamed), 1 oz.	30
Cottage (uncreamed), 1 oz.	21
Farmer's, 1 oz.	100
Mozzarella (whole-milk), 1 oz.	90
Parmesan, 1 oz.	130
Ricotta, 1 oz.	50
Roquefort or blue, 1 oz.	105
Swiss, 1 oz.	105

CHOCOLATE

Milk chocolate, 1 oz.	145-155
Hot, with milk, 1 c.	277

CRACKERS

Graham, 1 cracker	15-30
Rye Crisp, 1 cracker	35
Saltine, 1 cracker	17-20
Wheat Thins, 1 cracker	9

CREAM

Light, 1 T.	30
Heavy, 1 T.	55
Sour, 1 T.	45

EGGS

Fried, 1 large	100
Poached or boiled, 1 large	75-80
Scrambled or in omelet, 1 large	110-130

FISH AND SEAFOOD

Bluefish baked with fat, 3 oz.	135
Clams (medium), raw, 6 clams	96
Crabmeat, cooked, 3 oz.	80
Salmon, broiled or baked, 3 oz.	155
Sardines canned in oil, 3 oz.	170
Scallops, steamed, 3 oz.	96
Shrimp, cooked, 3 oz.	100
Tuna fish, canned in oil (drained), 3 oz.	170
Tuna fish, canned in water (drained), 3 oz.	110

Table of Calories Cont'd.

FRUITS

Apple, 1 medium	80-100
Applesauce, sweetened, 1/2 c.	90-115
Applesauce, unsweetened, 1/2 c.	50
Banana, 1 medium	90
Cantaloupe melon, 1/2 c.	24
Cherries (pitted), raw, 1/2 c.	40
Grapefruit, 1/2 medium	60-70
Grapes (American type: Concord, Delaware, Niagara, Catawba, Scuppernong), 1/2 c.	35
Grapes (European type: Malaga, Muscat, Thompson seedless, Flame, Tokay), 1/2 c.	55
Honeydew melon, 1/2 c.	55
Mangoes, 1 medium	90
Oranges, 1 medium	65-75
Peaches, 1 medium	40
Pears, 1 medium	60-100
Pineapple, fresh, uncooked, 1/2 c.	40
Pineapple canned in syrup, 1/2 c.	95
Plums, 1 medium	30
Strawberries, fresh, 1/2 c.	30
Strawberries, frozen and sweetened, 1/2 c.	120-140
Tangerines, 1 large	39
Watermelon, 1/2 c.	42

LUNCHEON MEATS (PACKAGED)

Bologna, 1 slice (1 oz.)	75-95
Corned beef, 1 slice (1 oz.)	55-75
Frankfurter, 2 oz.	120-190
Liverwurst, 1 oz.	90
Pastrami, 1 slice (1 oz.)	40
Pepperoni, 1 slice (1 oz.)	140
Salami, 1 slice (1 oz.)	85-125

MEATS AND POULTRY

Beef, ground (lean), 3 oz.	185
Beef, ground (regular), 3 oz.	243
Beef, roast, 3 oz.	200-375 (depending on fat content)
Chicken, broiled, 3 oz.	115
Lamb chop (lean), 3 oz.	200-300
Pork chop (lean), 3 oz.	225-325
Sirloin steak, 3 oz.	300-330
Sirloin steak (lean only), 3 oz.	175
Turkey, dark meat, 3 oz.	175
Turkey, white meat, 3 oz.	150
Veal cutlet, 3 oz.	185
Veal, roast, 3 oz.	230

NUTS

Almonds, 2 T.	105
Cashews, 2 T.	100
Peanuts, 2 T.	105
Peanut butter, 1 T.	95
Pecans, 2 T.	95
Pistachios, 2 T.	92
Walnuts, 2 T.	80

PASTA

Macaroni or spaghetti, 3/4 c. cooked	115

SALAD DRESSINGS

Blue cheese, 1 T.	70
French, 1 T.	65
Italian, 1 T.	80
Mayonnaise, 1 T.	100
Olive oil, 1 T.	124
Russian, 1 T.	70
Salad oil, 1 T.	120

SOUPS

Bean, 1 c.	130-180
Bouillon and consomme, 1 c.	30
Chicken noodle, 1 c.	60-80
Chicken with rice, 1 c.	50
Manhattan clam chowder, 1 c.	80
Minestrone, 1 c.	80-150
New England clam chowder, 1 c.	135
Split plea, 1 c.	145-170
Tomato with milk, 1 c.	170
Vegetable, 1 c.	80-100

VEGETABLES

Broccoli, cooked, 1/2 c.	25
Cabbage, cooked, 1/2 c.	15-20
Carrots, cooked, 1/2 c.	25-30
Cauliflower, 1/2 c.	10-15
Corn (kernels), 1/2 c.	70
Lettuce, shredded, 1/2 c.	5
Mushrooms, canned, 1/2 c.	20
Onions, cooked, 1/2 c.	30
Peas, green, cooked, 1/2 c.	60
Potato	
baked, 1 medium	90
chips, 8-10	100
mashed, with milk and butter, 1 c.	200-230
Tomato	
raw, 1 medium	25
cooked, 1/2 c.	30

YOGURT

Made with whole milk, 1 c.	150-165
Made with partially skimmed milk, 1 c.	125

FOOD QUANTITIES FOR SERVING 25, 50, AND 100 PEOPLE

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Sandwiches:			
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	½ pound	¾ to 1 pound	1½ pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1½ quarts	2½ to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1¾ to 2 quarts	2½ to 4 quarts
Lettuce	1½ heads	2½ to 3 heads	5 to 6 heads
Meat, Poultry, or Fish:			
Wieners (beef)	6½ pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish fillets or steaks	7½ pounds	15 pounds	30 pounds
Salads, Casseroles:			
Potato Salad	4¼ quarts	2¼ gallons	4½ gallons
Scalloped Potatoes	4½ quarts or 1 12 x 20" pan	8½ quarts	17 quarts
Spaghetti	1¼ gallons	2½ gallons	5 gallons
Baked Beans	¾ gallon	1¼ gallons	2½ gallons
Jello Salad	¾ gallon	1¼ gallons	2½ gallons
Ice Cream:			
Brick	3¼ quarts	6½ quarts	12½ quarts
Bulk	2¼ quarts	4½ quarts or 1¼ gallons	9 quarts or 2½ gallons
Beverages:			
Coffee	½ pound and 1½ gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	1/12 pound and 1½ gal. water	⅙ pound and 3 gal. water	⅓ pound and 6 gal. water
Lemonade	10 to 15 lemons, 1½ gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water
Desserts:			
Watermelon	37½ pounds	75 pounds	150 pounds
Cake	1 10 x 12" sheet cake 1½ 10" layer cakes	1 12 x 20" sheet cake 3 10" layer cakes	2 12 x 20" sheet cakes 6 10" layer cakes
Whipping Cream	¾ pint	1½ to 2 pints	3 pints

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